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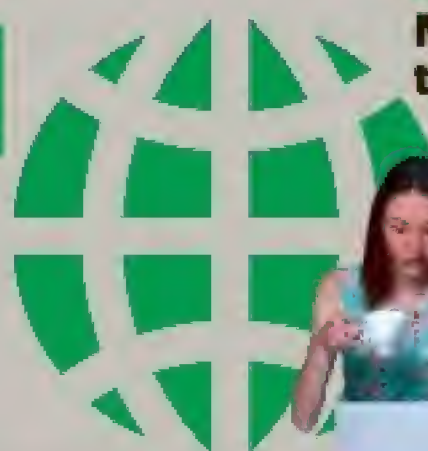
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St. Louis Blues' David Backes and Flames' Sean Monahan lose track of the puck during NHL action in Calgary, Monday. Go to [metronews.ca](http://metronews.ca) to see the final score.

THE CANADIAN PRESS

## BURNING UP

### Third period gets heated as Flames try to cool down red-hot Blues

## NDP takes aim at landlords

AFFORDABLE HOUSING

### Proposed bill seeks update to province's rent regulations



Jeremy Simes  
For Metro | Calgary

The NDP government plans to wade into contentious landlord versus tenant dealings.

Calgary East NDP MLA Robyn Luff's Bill 202 — which has support from the Service Alberta ministry and most NDP caucus members — is set to be debated in the legislature.

The Bill calls for the creation of an Affordable Housing Committee that must make recommendations regarding rent regulation, rent subsidies and security deposits, among other affordability issues.

Luff said she's open to a variety of models, including the implementation of a cap on how much

landlords can raise the rent.

She takes issue with landlords being able to raise rents by as much as they'd like on only three months' notice, she said, adding it's too early to speculate how the committee will rule on regulations.

Gerry Baxter, executive director of the Calgary Residential Rental Association, said he's open to consultation, but maintains that rental prices should be controlled by the market.

"We just want to make sure — at the end of the day — that there are no policies that would eventually be enacted that might make problems even worse," he said.

### + SOLUTION MODEL

Robyn Luff said she understands landlords may take issue with some rental regulation models, adding they were included in consultations, so the committee can come up with the best solution.

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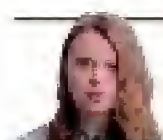




## Council tests boundaries

### REPRESENTATION

### Battle over ward markers finally settled, map approved



**Helen Pike**  
Metro | Calgary

It was a war of wards at Monday's council meeting when accusations of political meddling erupted into a full-fledged bickering battle over apologies.

Although things got heated, Mayor Naheed Nenshi remarked the ward boundary tinkering wasn't as dramatic as he'd expected. In the end council approved the contentious changes, only shifting the markers for a few neighbourhoods from the commission's recommendations — but as council meetings go, it's fair to say the mayor is understating.

It all started with the motion arising, made by Coun. Gian-Carlo Carra who wanted to "test the will of council," and move the community of Sandstone from Ward 4 to 3, as per Mayor Nenshi's suggestion.

"I had said straight upfront I had a numerical problem with the policy," said Nenshi.

Every ward has to adhere to certain population goals. The official policy reads that wards are allowed to have a 10 to 15 per cent mean population deviation.

But the maximum allowable deviation sits at 25 per cent.

At 20.8 per cent below the average, Ward 3 populations were dangerously low for Nenshi, which is why he wanted to make a change.

Ward 4 Coun. Sean Chu stood up for the Sandstone MacEwan community association, whom he said wanted to remain in his boundaries.

"Personally I live in Ward 4, in Sandstone, and I think this movement is trying to take me out of Ward 4, which I'm going to oppose," Chu said. He noted the commission was brought in to ensure no political interference in the ward boundary change process.



**We want something not to be political, and again it's political.**

Coun. Sean Chu

"We cannot speak out of both sides of our mouth, we want something not to be political, and again it's political," said Chu.

With that Nenshi intervened. Rising from the mayor's chair to sit in a councillor's chair, he demanded an apology for Chu's "spurious" accusations.

"It's not his ward, it belongs to the citizens," said Nenshi. "To impugn the motives of a majority of council, who voted simply to ensure the map was in line with our actual policy that we've adopted, that really goes beyond the pale — you can't do that."

Chu walked back his statement, and council voted to keep Sandstone in Ward 3 and finally voted 13 to 2 in favour of the new boundary changes, which come into effect October 2017.



This is the final version of proposed ward boundary changes. COURTESY CITY OF CALGARY

### CONTROVERSY

### Notley cleared in ethics probes

Alberta's ethics commissioner has cleared Premier Rachel Notley and the NDP in two fundraising investigations — including one in Ontario — but says they need to start thinking more about optics.

Ethics commissioner Marguerite Trussler, in a report issued Monday, expressed concern that both fundraising events were kept quiet from the public. She said both events should have been on the NDP party's website.

"The perception that only a chosen few are being invited is best avoided," wrote Trussler.

Trussler's investigation focused on two events that took place in February.

She had initially OK'd both fundraising events, but reopened her investigation Feb. 23 following a complaint from the opposition Wildrose party.

The pre-event at the art gallery never went ahead after Trussler launched her investigation just hours before it was to take place.

The first was on a Feb. 23 party fundraiser held at the Art Gallery of Alberta in Edmonton.

The main event was for \$250 a ticket and was advertised on the party's website.

However, some donors were selectively phoned or emailed and invited to a smaller pre-fundraising event at the art gallery that promised, for an extra \$750, more one-on-one access to Notley and her ministers.

THE CANADIAN PRESS

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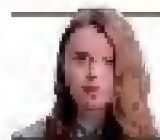


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## TRANSIT

## Councillor wants clarity on BRT stats



**Helen Pike**  
Metro | Calgary

After doing some research and ending up down the YouTube rabbit hole, Coun. Sean Chu is asking the city to be more upfront with southwest BRT information.

On Monday, Chu claimed the city's statistics don't "add up", when compared to a YouTube video he viewed online.

The southwest BRT has been a contentious topic in the media lately, especially with the help of a vocal grassroots group, Ready to Engage, that has been questioning the city's information every step of the way and demanding clear answers.

"I was looking at the ridership and, I can't remember when I saw the report, but the ridership was pretty high," said Chu. "While I was doing the research I was on YouTube and there were people filming buses during different times of the day...the buses, dif-

ferent number of buses, were actually not full — they were quite empty."

Chu then asked how the city compares its numbers to what's being shared on social media.

"I don't know how we can convey the message to the people, that we actually have the numbers," Chu said.

Transportation boss Mac Logan said he saw a similar video clip — filmed near the Rockyview Hospital. The clip shows some buses as busy and some as empty, which Logan said was not uncommon.

"We have a number of routes running in the southwest, some are very well subscribed, some don't have as good a ridership because they're not as frequent or direct as people would like them to be," Logan said.

Logan said the forecasts Chu mentioned have been based on the population today and the age of the population. He said those figures are then extrapolated to 2024, 2029, and 2039 to see how the communities age.

### IN BRIEF

#### City hopes to finish spring cleanup in record time

The City of Calgary is off to the street sweeping races — earlier than ever. On Monday, the city's transportation boss told council with the warm weather they've been able to get street sweepers on roads where crews would be clearing snow normally.

Coun. Richard Pootmans wanted to know what the budget implications of the city's early switch to

sweeping could mean, and how that might impact the spring cleaning, scheduled for early April.

General manager of transportation Mac Logan noted as of last Friday the city has done 3,000 kilometres of road which is 21 per cent of the network.

As for the cost, Logan said there's no extra money being spent — the city may actually come out of the season with savings. HELEN PIKE/METRO

# PCs' Jansen calls out Wildrose party

## LEGISLATURE

## LGBTQ policy not on radar of Opposition, Tory insists



**Jeremy Simes**  
For Metro | Calgary

Progressive Conservative MLA Sandra Jansen made it very clear she and the Wildrose don't see eye-to-eye.

During Monday's question period at the Legislature, Jansen coined the Opposition as the "Right People" during Monday's legislature sitting, underscoring what she called the party's limitless outrage, filibustering, and fondness for reintroducing the recall act for a third time.

But it's more than that — it's about how the Progressive Conservatives and Wildrose differ on social issues, amid a growing push to unite both the Wildrose and PCs, Jansen said in an interview.

"I think that there are so many things they are not articulating in terms of social policy," she said. "And the fact they won't talk about them deserves to be pointed out."

But Wildrose MLA Jason Nixon said Jansen has no point to her claims, adding his party cares and is vocal about social issues, referencing the Sundre hospital that's recently been half-closed.

"I care about social issues very,



At the legislature Monday, the PCs' Sandra Jansen took aim at the official Opposition. METRO FILE



I certainly support anything that would protect any child from being bullied or in any danger, especially LGBTQ kids.

Jason Nixon

very much," he said. "We need to make sure everyone in our province can be productive and kept care of."

But Jansen said the government's call for schools to create LGBTQ guidelines isn't on

the Wildrose's radar.

"For a party that claims to be out there — defending every person — they refuse to articulate a stand on LGBTQ guidelines. That's hypocrisy," she said.

"They are important issues and

worth a solid discussion."

Nixon said the Wildrose is waiting to understand how school boards can implement LGBTQ guidelines, adding they've been forwarding constituents' concerns to the education minister.

"I support our local school boards being able to figure out the best way to implement things that work best in their community," he said. "I certainly support anything that would protect any child from being bullied or in any danger, especially LGBTQ kids."



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#### Hint:

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- A) Calgary
- B) Vancouver
- C) Toronto



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Finance Minister Joe Ceci says the NDP was elected on a platform he intends to follow.  
THE CANADIAN PRESS

# Ceci pushes back on tax relief calls

## ECONOMY

### Minister tells businesses province has lowest taxes

Alberta's finance minister is reminding a group of businesses seeking tax and wage relief that the province is already the lowest taxed in Canada.

Joe Ceci also said Monday the tax changes being implemented by the NDP government won't change that and will put the province on a sounder footing.

"We have the lowest taxes overall of any province or territory in this country," Ceci told reporters at the legislature.

"The things we're doing put us on a better fiscal basis going forward."

Ceci was reacting to a call from 15 business organizations for Premier Rachel Notley's government to make changes to its tax plan given rising unemployment.

The group represents oil and gas, manufacturing, retail and construction businesses.

It is seeking a meeting with Notley and her cabinet, but Ceci says he already meets with members of the group.

The NDP hiked corporate taxes last year from 10 per cent to 12 per cent. It also hiked the minimum wage by \$1 an hour to \$11.20 an hour, and remains

committed to moving it to \$15 an hour by 2018.

In the April 14 budget, Albertans will learn the details of a new \$3-billion a year carbon tax that begins on Jan. 1.

The tax will see prices rise on everything from gas at the pumps to heating and electricity bills. The government says carbon tax rebate money will go back to about 60 per cent of Albertans, with the rest reinvested in green initiatives and public transit.

"We needed to change the regressive flat (income) tax, we needed to change the low corporate tax overall," said Ceci.

The business coalition wants an end to future tax increases and a delay in the minimum wage increase. It wants to see the carbon tax become revenue neutral with offsetting tax reductions.

THE CANADIAN PRESS

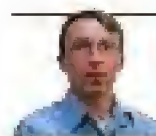


The things we're doing put us on a better fiscal basis.

Joe Ceci

## COUNCIL

### Basic maintenance standards at city's parks to be reviewed



Brodie Thomas  
Metro | Calgary

How well is the lawn being mowed at your local park?

City council has asked administration to undertake a citywide review of parks maintenance standards.

The request was in response to the Enhanced Maintenance Program — which allows communities to ask for higher tax rates in exchange for en-



Coun. Brian Pincott. METRO FILE

hanced maintenance at their parks. The city has certain uni-

form standards citywide, but communities that pay for enhancement can get extra such as flower bed maintenance or pathway snow clearing.

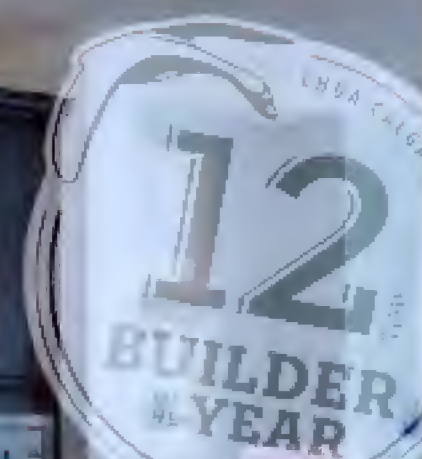
After council passed a review of the enhanced maintenance program as well as approving this year's requests for enhanced maintenance, Coun. Brian Pincott brought forward a motion to review basic park standards, and provide additional options and costs.

His motion passed by a narrow 8-7 split.

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# Police station closures queried

## FUNDING

### Mayor, others on council express their concern



**Helen Pike**  
Metro | Calgary

In an attempt to get more boots on the front lines, Calgary police decided last week to close two neighbourhood police stations — a move being questioned by city councillors and the mayor.

Last week, Calgary Police announced the Brae Centre and Riverbend Community Stations in District 6 will be shut down effective May 2016 to help allocate 48 positions to the front line in various other districts.

The issue arose as council voted to maintain funding for crime prevention in 2016. "Coun. Pincott and I have

a community-operated police station closing, unfortunately, which is the very heart and soul of community-based policing, and places we should be investing our money," said Calgary Police Commissioner Diane Colley-Urquhart.

Mayor Naheed Nenshi echoed those concerns, asking to have a discussion with Colley-Urquhart and Coun. Ward Sutherland — the two councillors who sit on the Calgary Police Commission — on the force's thought process behind the move. He said he doesn't think it's a good idea, and wants to find ways to mitigate the damage caused by closing those stations.

Colley-Urquhart said the same stations have been threatened in the past.

"We stopped this," she said.

Nenshi said he hopes to speak with Calgary police Chief Roger Chaffin about continuing to run the stations, but at the end of the day it's a police service decision.



**I'd like to hear from the police ... what their rationale is.**

Mayor Naheed Nenshi

"I haven't yet had a briefing from the police service on what they were thinking," Nenshi said. "I know the chief's overall plan is to redeploy officers to the street and take them out of administrative and desk jobs, and he's actually been able to get a large number of officers back on the street."

The mayor continued to say he supports the new chief's moves, even calling him "thoughtful."

"I'd like to know a little bit more about these community stations," said Nenshi. "My understanding is they are staffed largely by volunteers with functions that go beyond traditional Calgary Police Service functions."



Mayor Naheed Nenshi says he hasn't been briefed on community station closures. HELEN PIKE/METRO

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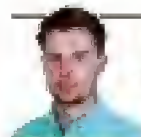
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# Book tackles men's health with humour

SINCERELY, YOUR PROSTATE

Lawyer-writer addresses 'embarrassing' medical issues



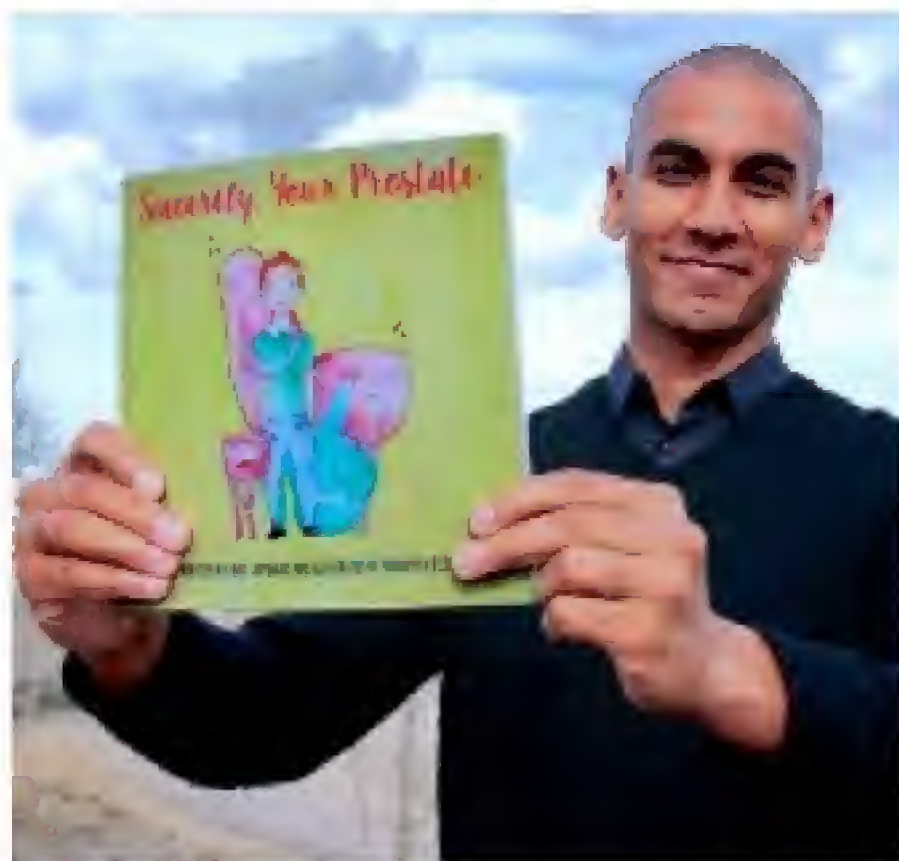
**Jeremy Simes**  
For Metro | Calgary

Ben Samaroo never thought he'd be a writer — it's something totally out of his wheelhouse.

But Samaroo, a downtown Calgary corporate lawyer, did indeed write a book — he couldn't help but let younger men know that they, too, face particular health issues.

Titled *Sincerely, Your Prostate*, Samaroo's book gives a brief yet humorous glimpse into men's health issues, tackling hemorrhoids and prostate checks, among others.

Samaroo said the idea for the book came after joking



Ben Samaroo hopes more men become aware of their health issues. JEREMY SIMES/FOR METRO

among friends about a hilarious love letter from a hemorrhoid.

"People seem to enjoy it," he said. "If people can see a lighter side to those things,

they can get more comfortable talking about them and realizing it's something they shouldn't be ashamed of."

He said the book gets people to talk about men's health issues through laughter — many don't feel comfortable talking about hemorrhoids, in particular.

"(Hemorrhoids) aren't life threatening but are things a lot of men experience and are usually embarrassed to talk about," he said. "The goal is start the discussion about things like this to hopefully reduce the stigmas."

A portion of all proceeds are donated from the book will go to the Canadian Cancer Society and the Men's Health Network.

Samaroo said getting people talking about it is more important than raising a lot of money.

"I don't know if a lot are going to buy it," he said. "But there's a lot of people here to support and share this message."

TRAVIS VADER TRIAL

## 'I started freaking out,' says daughter

When Trudy Holder arrived at the airport in Abbotsford, B.C., she looked around for her parents, but they weren't there to pick her up as planned.

Holder told an Edmonton murder trial Thursday that Lyle and Marie McCann, 78 and 77 respectively, always kept their commitments.

"My mom and dad are never not there," Holder testified. "I started freaking out."

Holder and her daughter had flown to Abbotsford from their home in Calgary to meet the McCanns.

It was July 10, 2010. Holder began making frantic phone calls and discovered her parents had not checked in to a nearby campground where the family was to spend the next two weeks on holiday.

Travis Vader, 44, has pleaded not guilty to first-degree murder in the deaths of the couple.

Although their bodies have never been found, the Crown is arguing the two were killed by Vader, described as a crystal meth user who had been living in makeshift camps in

### INVESTIGATION

**Bodies could have been incinerated, says expert**

The bodies of Lyle and Marie McCann have never been found.

An expert testified it is unlikely but not possible their bodies were totally incinerated in their burnt out camper.

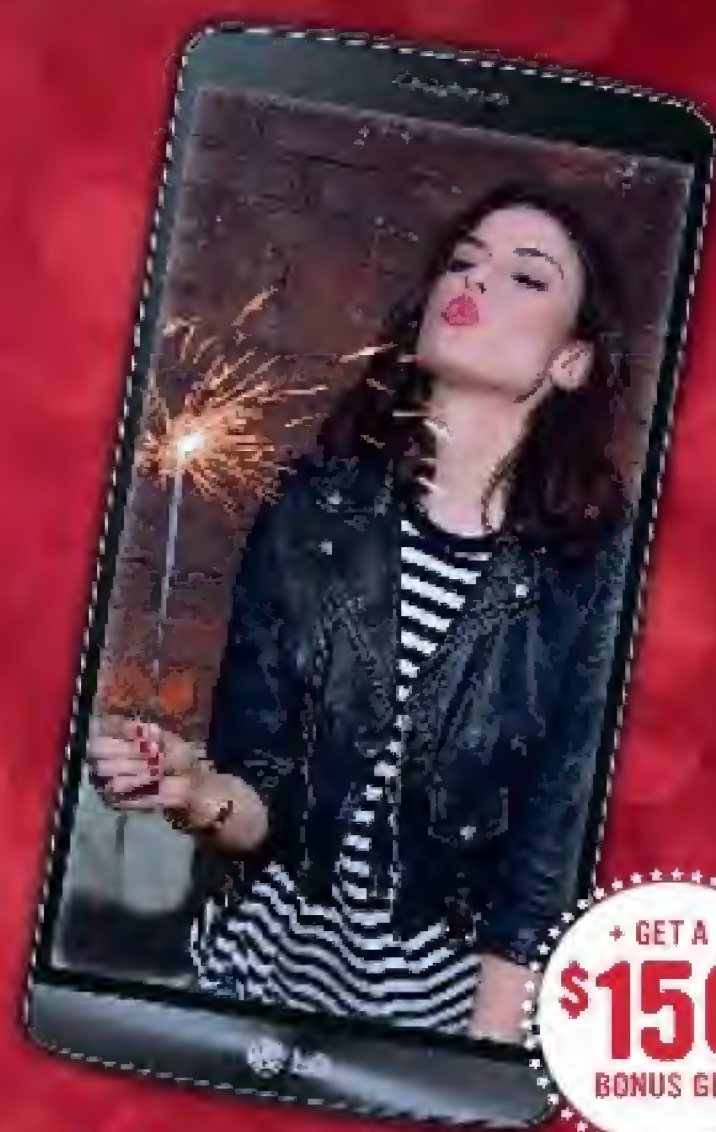
Travis Vader has pleaded not guilty to first degree murder in the deaths of Lyle and Marie McCann.

THE CANADIAN PRESS

an area west of Edmonton.

Court heard the McCanns were last seen fuelling up their motorhome and buying groceries at a Superstore in their hometown of St. Albert, a bedroom community north of Edmonton, on July 3, 2010. They were setting out to meet Holder in Abbotsford. But two days later, their RV was found burning in the bush about 200 kilometres west of St. Albert.

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# Stuck with daylight savings

ALBERTA

## Scrapping it via legislation not top of mind for MLA



**Helen Pike**  
Metro | Calgary

No matter how many times you hit snooze, it won't go away — daylight savings time.

The antithesis of a holiday, taking away a mere hour from the day has most Albertans in a head-spin. Some are so spirited they've written to members of the Legislative Assembly to cease and desist the torture.

According to the Office of the Premier, they've received a handful of letters about daylight savings time. And Calgary-Hawwood MLA Michael Connolly said he's received more emails about eliminating the dreadful practice this year than about budgetary concerns.

"At the moment I'm dealing with more important issues.



Calgary-Hawwood MLA Michael Connolly says he receives more emails about getting rid of daylight savings time than budget concerns. THE CANADIAN PRESS

It's an interesting concept and something we could look into, but to legislate it at this moment, I don't think it really needs to be done," said Connolly.

Currently there's an active Facebook movement hoping to have government officials re-examine the practice. Their list of reasons includes allegations of an increase in the

number of heart attacks, irritability, drowsiness and more traffic accidents.

In Saskatchewan, most cities stay on central time year-round, with few exceptions

and seemingly little consequence.

One of the reasons for the fall back and spring forward has been to cash in on energy savings.

The idea is that the more light hours during everyone's day, the less electricity is wasted keeping houses lit.

But according to an article by Scientific American, a 2007 study by California Energy Commission resource economist Adrienne Kandel discovered that extending daylight had "little to no effect" on the energy used in California state.

For those crying over lost sleep, there's little empathy, however. According to a Calgary expert there isn't much sleep lost when you're talking an hour here or there.

"One hour, either in the fall or in the spring, is not that big of a deal," said Dr. Charles Samuels, medical director of the Centre for Sleep & Human Performance in Calgary. "From a public-health perspective it's not a large problem."

He said folks who get enough sleep can adjust to the change within a week's time.

CITY HALL

## Nenshi to pay back legal fees

Mayor Naheed Nenshi intends to pay the city back on legal fees from the now-settled defamation suit brought against him by local developer Cal Wenzel.

The matter came out at council Monday evening after councillors met in camera, with Nenshi having excused himself because of the conflict of interest.

Coun. Richard Pootmans delivered a motion arising from the discussion. The motion allows councillors in legal trouble from March 2016 onward the option to pay out of pocket or solicit for donations to recoup costs if they so choose. However, another item in the motion stated that litigation completed prior to March 2016 would need to be paid back, either out of pocket, or through fundraising, but not on the city's dime.

Although it didn't mention him by name, that section would only apply to the mayor. While some councillors questioned the fairness of singling out the mayor, Pootmans stressed that Nenshi asked for it specifically.

BRODIE THOMAS/METRO

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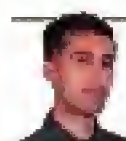
## MORRISON HOMES



# Spot the dot, give this place a shot

ENTREPRENEURSHIP

**Stickers help highlight locally owned businesses**



**Aaron Chatha**  
Metro | Calgary

Two Calgarians are making it easier to identify locally owned businesses: They say to simply "spot the dot."

The dot in this case is a round window sticker that reads Made in Calgary. It's the brainchild of Launch Calgary founders Travis Martin and Leighton Healey, who said their city is worth being proud of.

"Most Calgarians are also proud of Calgary and want to promote growth in the city," said Martin. "We figured, if there's a way we could encourage people to buy local and for entrepreneurs to be proud of their roots, it's something



**Campaign founders Travis Martin and Leighton Healey** say their city is worth being proud of. AARON CHATHA/METRO

people would enthusiastically adopt."

The duo said a number of businesses are already jumping on board, including stores within the Calgary-founded coffee-shop chain Good Earth.

"A lot of people are really surprised to find out which businesses in their community were not a chain," said Healey. "In fact, some of Calgary's best businesses were started by people

in their own neighbourhood."

Re:Grub, a local burger and beer restaurant, was one of the first to sign on, and founder Jose Azares said it's important to showcase local businesses.

"For every dollar we input into our local economy, that creates jobs that stay within the economy," said Azares. "A recession like this is when we need money to stay in the local economy."

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# Depths of homelessness

REPORT

## National data notes common causes, reason for hope

Stephane Boyer's nostrils flare and his breathing quickens, his lips failing to separate, when he thinks about Doreen — his partner of 22 years who died in August.

Doreen, who lived first in sub-standard housing and then on the street, was among 17 people who died on the streets of Thunder Bay, according to a new federally organized homeless census that illustrates the depth of disparity across the country.

The numbers, of course, only tell part of the story.

One woman was found dead in a laneway behind city hall that's visible from the mayor's office. A local aboriginal artist who struggled with addiction was pulled from the river.

In Vancouver's downtown eastside, arguably Canada's most notorious poverty-stricken neighbourhood, six deaths in a year



Stephane Boyer sits on his bed in his room in a shared apartment in the basement of an abandoned church in Thunder Bay, Ont. PAUL CHIASSON/THE CANADIAN PRESS

was out of the ordinary, said Brad King, who now oversees operations at Thunder Bay's largest shelter.

These days, anecdotes and statistics alike say Thunder Bay is among the worst cities in Canada for homelessness.

Like Thunder Bay, 29 other small and medium-sized cities

are taking part in either the federally organized count of homeless people or a similar effort organized by the anti-poverty group 20,000 Homes.

The hope is that the data will paint the most detailed picture yet of the homeless population in Canada, after years of estimates of the number of people

who go homeless each night and each year — about 35,000 and 230,000, respectively.

The federal government has quietly collected a growing amount of information over the last three years on people visiting shelters.

That data has illustrated a remarkably consistent picture that

suggests homeless populations have similar makeup.

"Even when you look within the homeless population at different sub-groups — say youth, males, females, families, whatever — it tends to be remarkably similar from city to city and from year to year."

The federal data shows that the homeless population is most often male, between the ages of about 25 and 64, and often aboriginal, a demographic typically over-represented in homeless populations.

The hope is that the national data can help communities craft better plans to combat homelessness and organize services, and also inform plans for a national poverty reduction strategy the federal Liberals promised.

"It's a really tough to get people to do anything when ... you can't give them the data," said Bonnie Kryswaty, with the Lakehead Social Planning Council. "That's why this point-in-time count was so important for Thunder Bay, because we haven't had this kind of data ... our city councillors really like to see the data, they like to see the numbers." THE CANADIAN PRESS

DOCUMENTS

## Feds lag on online services

The federal government is lagging behind both private sector offerings and Canadians' expectations in online services, internal documents warn.

A full 77 per cent of federal services still cannot be completed over the Internet, documents prepared for Treasury Board President Scott Brison show.

"Government is not doing a good enough job of meeting the needs and expectations of citizens for quality, accessible services," the documents, obtained by Torstar News Service, read.

Services like passport applications, requesting access to government information, or obtaining proof of citizenship all require in-person treks to Service Canada locations or mailed application forms.

Brison also recently told the Ottawa Citizen that the federal public service needs an infusion of digital-savvy, innovative bureaucrats with fresh ideas.

"It's much easier to build a modern, digital government if you engage the modern, digital generation," Brison said.

TORSTAR NEWS SERVICE

POLITICS

## Quebec NDPers call for renewal ahead of convention

A group of New Democrats from Quebec — including three defeated MPs — have written an open letter calling for renewal in the party as Thomas Mulcair prepares for a major test of his leadership.

"As New Democrats, we feel that we have lost our way,"

says the letter obtained by the Star, signed by 37 Quebec-based activists, grassroots members, riding association presidents, organizers and former Quebec NDP MPs Jamie Nicholls (Vaudreuil-Soulanges), Hélène LeBlanc (LaSalle-Émard-Verdun) and Éline Michaud (Portneuf

— Jacques-Cartier).

They never mention Mulcair by name, but they are calling for a new direction as Mulcair is campaigning to win a crucial vote at the NDP convention in Edmonton next month, when party faithful will decide whether he gets to stay on as leader.

"We feel that the campaign we ran in the last election fell short of the aspirations of New Democrats. We are troubled that we have forgotten the reasons why we exist and the principled values that have guided us. We did not recognize ourselves in the platform we had to defend.

The NDP is not a party like any other. We seek office to make positive changes for Canadians, not for the sake of power itself," says the letter. "We want the NDP to build on our proud tradition. To do that, we need to dedicate ourselves to a renewal of our party." TORSTAR NEWS SERVICES



Thomas Mulcair

ADRIAN WYLD/THE CANADIAN PRESS

# RICK MERCER REPORT

#rickmercerreport

ALL NEW

Lock up your recycle bins. Stay out of your driveways. Tonight, Rick's behind the wheel of a gigantic snowplow in Barrie, ON.

## TONIGHT 8



# A trick to trip Trump

U.S. ELECTION

## How Romney could possibly end up as the GOP nominee

There is a chance — not a big chance, but a real chance — that Mitt Romney could become the Republican presidential nominee.

No, Romney is not running again, but he could win the nomination anyway. This is the magic, or perhaps the injustice, of the contested political convention.

Since the 1976 race between Gerald Ford and Ronald Reagan, Republican conventions have been drama-free partisan infomercials. But this year might be a brawl.

Yes, nerds muse longingly about contested conventions every election. But candidates are now singing the same tune.

"Look, Reagan and Ford battled it out in a contested convention," Texas Sen. Ted Cruz told Fox News. "That's what conventions are for."

Trump's rivals have largely given up on the possibility of winning the normal way, and party insiders are so aghast at the prospect of a Trump takeover that they are scheming to figure out how to grab the nomination away from him through wheeling and dealing at the Republican National Convention, which takes place on July 18-21 in Cleveland.

If Trump wins Florida and Ohio on Tuesday, he is very likely to win the nomination outright. But if he loses both, or even one, there might be a path to a convention play. A narrow path, but a path.

Here's how it would work.

### + TACTIC

#### A rare and risky move

The tight 1976 Gerald Ford-Ronald Reagan race was decided on the first vote. The last multi-ballot Republican contest was in 1948, the last for the Democrats was in 1952. So last-minute manoeuvring would be rare and risky. Trump supporters might boycott the general election. Especially if the notoriously vindictive businessman asks them to. TORSTAR NEWS SERVICE

A total of 2,472 delegates are at stake in the primaries. A candidate needs 1,237 delegates, a majority, to win the nomination. Trump has already earned more than 460 delegates. If he wins Ohio and Florida, he'll earn 165 more. And he'll need to earn fewer than half of the remaining delegates to get to 1,237.

If he loses Ohio and Florida, he'll need to earn about two-thirds of the remaining delegates to get to 1,237. If he loses Florida, he'll need about 60 per cent.

In either case, Trump might finish the race in the lead, but with a number of delegates lower than 1,237.

If this happens, his rivals can woo delegates on the convention floor. If no candidate gets a majority in the first vote, there is a second. In that case, many of the delegates are free to vote for whomever they want.

That could be Cruz or even Romney, who said on Sunday: "I don't think anyone in our party should say, 'Oh no, even if the people of the party wanted me to be president, I would say no to it.'" TORSTAR NEWS SERVICE



The Proton-M rocket booster blasts off at the Baikonur cosmodrome in Kazakhstan on Monday, carrying equipment for a Mars mission. DMITRI LOVETSKY/THE ASSOCIATED PRESS

EXPLORATION

## Mars mission to hunt for life

Europe and Russia launched a joint mission Monday to explore the atmosphere of Mars and hunt for signs of life on the red planet.

The unmanned ExoMars probe — a collaboration between the European Space Agency and Roscosmos — took off from a base in Kazakhstan aboard a Russian rocket and is expected to reach Mars in October.

The probe's Trace Gas Orbiter will analyze methane and other gases in the Martian atmosphere to determine where they are coming from, said Paolo Ferri, ESA's head of mission operations.

Methane is created by biological or geological activity and breaks down within a relatively short period of time once it reaches the atmosphere.

"It cannot be older than 400 years. That means there has been either biological or geological activity in this timeframe," said Ferri. "Four hundred years is nothing. If there is methane it means there is basically a process going on now."

The prospect of finding life on Mars — even microscopic organisms — has excited scientists for some time, but so far none has been discovered.

"The fact that they've not found life doesn't mean certainly that there's no life there," said Ferri, noting that much of the planet's vast surface hasn't yet been closely examined.

That task will fall to a rover ESA plans to send to Mars in 2018. Until then, the orbiter will have time to find a good landing spot and conduct a test run using a trial lander called Schiaparelli that's on board the probe.

THE ASSOCIATED PRESS

MIDDLE EAST

## Russia eases out of Syria

Russian President Vladimir Putin ordered his military to withdraw most of its forces from Syria on Monday, timing his move to the launch of Syria peace talks — an end game that allows the Russian leader to cash in on his gains and reduce his risks in the conflict.

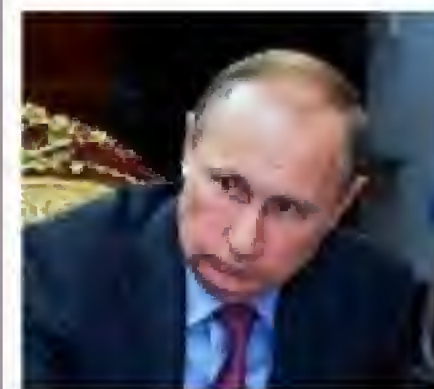
The start of the negotiations in Geneva offers Putin an opportune moment to declare an official end to the 5-1/2-month Russian air campaign that has allowed Syrian President Bashar Assad's army to win back some key ground.

"With the tasks set before the Defence Ministry and the military largely fulfilled, I'm ordering the Defence Minister to start the pullout of the main part of our group of forces in Syria, beginning tomorrow," Putin said.

He didn't specify how many planes and troops should be withdrawn. The number of Russian soldiers in Syria has not been revealed. At the same time, Putin made it clear that Russia will maintain its air base and a naval facility in Syria and keep some troops there.

The UN special envoy for Syria, Staffan de Mistura restarted peace talks between the Syrian government and the opposition in Geneva on Monday, with de Mistura hosting a government delegation led by Syria's UN ambassador, Bashar Ja'afari.

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Russian President Vladimir Putin THE ASSOCIATED PRESS



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# Four tips when filing taxes

## TAX RETURNS

### Accountants don't know what you don't tell them

With the April 30 deadline for filing most personal tax looming, people will soon start running to their accountants (if they haven't already).

Here's what they wish you knew about doing your taxes.

### Don't trust your accountant to know everything

He or she might seem like a magical math machine, but they're not omniscient. Junaid Usmani, a tax partner at SRJ Chartered Accountants, said it's important that you know the basics of your finances, because your accountant can't know what you don't tell them.

A common example is foreign ownership. The penalties for not disclosing foreign assets worth more than \$100,000 can be steep, and even having a U.S. bank account falls under the category.



The deadline for filing taxes is looming. One advice you should follow is to file on time. ISTOCK

### File on time – even if scared

If you know you won't be able to pay the amount you'll owe after filing your return, it might be tempting to delay filing. But Zoe Klein, a Toronto tax preparer, said it's better to file and avoid penalties, which will only make the problem worse. Those penalties can be

significant, Klein said. Filing on time can also make payments easier, because the Canada Revenue Agency can work out a payment plan with you.

### Report that side income – it might help you

There's nothing wrong with getting a little action on the

side, as long as you disclose it. Many people are afraid of reporting income they earned doing freelance work or running a small side business, thinking the taxes will be harsh.

But there's some good reasons to report that income — and not just the legal ones. Usmani said the tax bill on

side income doesn't have to be that large, especially if the expenses behind doing the job were high, too. "If your little side business is operating at a loss, that can actually save you tax dollars, because that loss can be applied to reduce your other income," he said.

### Remember the littler things

Klein works with a lot of artistic clients, and says she frequently has to remind them that grants are subject to complicated rules, and must be declared in a tax return.

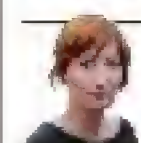
"Unless you're a student enrolled in a post-secondary institution, grants are taxable," she said.

People also usually don't know that their medical expenses can give them significant tax credits. Anything from health insurance deductions to prescription medication (but not vitamin supplements) can count toward medical expenses. If those expenses are higher than three per cent of your annual income, then there's the possibility for tax savings, Klein said.

TORSTAR NEWS SERVICE

## JOB

### Millennials not taking vacations



Jessica Smith Cross  
Metro | Toronto

A TD survey released Monday found that nearly half (46 per cent) of Canadian millennials don't take their full vacation day allotment away from work. That's higher than the general working population: 42 per cent of Gen Xers and 29 per cent of Baby Boomers.

The survey found all generations reported they didn't take their time off because they're too busy at work or don't have enough money for a vacation. Meanwhile, the vast majority of all age groups said they believe vacation time is essential to keeping them happy.

Shirley Malloy, a TD associate vice president, said she thinks this survey should send a message to employers that they should encourage their employees to use their vacation time.

Malloy advises people to use their vacation time, even if that means taking a cheap "staycation" to your hometown.

## IN BRIEF

### Global airfares expected to fall further this year

Air travellers should see further dips in fares this year after they fell about 12 per cent in 2015, as lower fuel prices are passed along to consumers, according to the International Air Transport Association.

THE CANADIAN PRESS

## market minute

	<b>DOLLAR</b> 75.37¢ (-0.21¢)
	<b>TSX</b> 13,477.54 (-44.46)
	<b>OIL</b> \$37.18 US (-\$1.32)
	<b>GOLD</b> \$1,245.10 US (-\$14.30)

**NATURAL GAS:** \$1.819 US (-0.3¢)  
**DOW JONES:** 17,229.13 (-15.82)

## MARIJUANA MARKETING

# Purveyors work to rebrand cannabis

You won't find brightly coloured bongos or bubble gum-flavoured rolling papers displayed against the backdrop of exposed brick and modern, industrial-style furnishings at Tokyo Smoke.

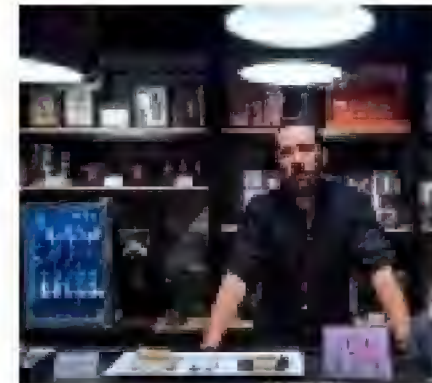
Instead, the shop — located in a former shipping dock nestled between two warehouses in Toronto's west end — carries high-end pot paraphernalia befitting the pages of a design magazine while also serving up cups of artisanal coffee.

It's all part of Gertner's mis-

sion to create a cannabis-friendly lifestyle brand that caters to the urban intellectual — one that breaks the mould of dated weed associations involving video games and junk food.

The emergence of a luxury cannabis-oriented lifestyle brand like Tokyo Smoke is the latest development in a saga that has seen the purveyors of pot work to reshape popular perceptions of the drug.

Canadian cannabis producers have used a variety of strategies to change perceptions about the



Alan Gertner, CEO of Tokyo Smoke. THE CANADIAN PRESS

drug, including moving away from the street names typically

used to identify strains.

Metrum, Bowmanville, Ont.-based grower, uses a colour-coded spectrum — red being the strongest, yellow the mildest — to identify each product's strength and other characteristics.

"We came up with a responsible dialogue for talking about cannabis that doctors would want to use, versus talking about strains like purple kush or super lemon haze," says Metrum's CEO Michael Haines.

THE CANADIAN PRESS

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**MORRISON HOMES**





## SAMANTHA EMANN: RELIGIOUS SCHOOL FUNDING ISN'T SET IN STONE

**Publicly funded Catholic schools had their place in the founding of this country, but they have outlived their relevance. If elected officials won't get rid of them for the equality or inclusion of all their constituents, they should do it for the money.**

Every year, usually at a holiday event, I get into a debate with family or friends on one of three topics: politics, religion or money. It usually ends with my grandfather throwing up his hands at my liberalism, my dad lovingly lecturing me about my lack of money sense, and everyone, mostly, keeping their thoughts to themselves on religion or at least my lack thereof.

For Canadians, all three of these untouchable topics merge to create the fuel that keeps the debate burning about publicly funded Catholic schools. It's time to put out the fire. Publicly funded religious schools have to go. And the process could be easier than you might think.

The most common argument for the continuation of this particular Canadian tradition boils down to: The Constitution says so.

In fact, only three provinces still constitutionally require separate funding for Catholic schools: Ontario, Saskatchewan and Alberta. (B.C. funds religious schools of many denominations, but to a lesser degree than public secular schools).

Those who say we cannot, or should not, stop funding Catholic schools because of our constitutional obligation are forgetting a key thing.

The Constitution's central document — more specifically section 93 the Constitution Act of 1867, also called the British North America Act — gives provinces the right to make laws governing education. It forbids provincial laws from "prejudicially" affecting the schooling rights of religious

**Publicly funded religious schools have to go, and the process could be easier than you might think.**

minorities, if such groups are identified in the province's founding documents. Such documents, including the Alberta Act and the Saskatchewan Act, can be changed.

The procedure for this type of amendment is laid out in section 43 of the 1982 Constitution Act. It requires the approval of the House of Commons, the Senate, and, crucially, only the province or provinces that the change affects.

In Ontario the process would be basically the same. The provincial and federal legislatures would have to agree to the change, and a line would be added to section 93 stating that the separate-school rules don't apply to Ontario.

There's no reason to think the feds wouldn't go along with this. They green-lit Quebec's move to do the exact same thing in 1999.

In no case would fractious, multi-province constitutional negotiations, Meech-Lake-style,

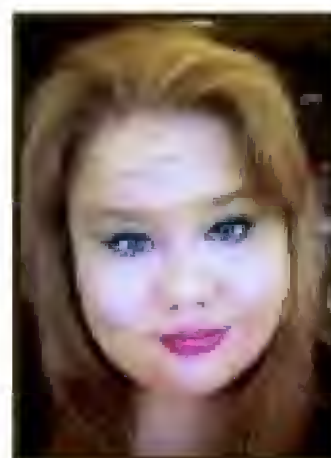
be required. However, Alberta requires all constitutional amendments be put to a public vote before they're voted on in the legislature. A pain, but it's not impossible.

Which is good. Because it needs to be done. Publicly funded Catholic schools are unfair to Canada's many other religious groups and cultures. Funding all religious schools equally would be a logistical nightmare, and in my view, public services should be affirmatively secular.

Why are public schools in the religious-education game at all?

And as should be apparent to anyone who has been following the news for the past year, some Catholic schools' boards, trustees, teachers and advising clergy have a record of discriminatory, socially regressive efforts to hinder advances made in the interest of student safety and learning.

In Alberta there's Calgary's Bishop Fred Henry (schools'



gay-straight alliances are "anti-Catholic" and "totalitarian") and Catholic opposition to the (cancer preventing!) HPV vaccine being given in school.

With recent struggles to get an LGBTQ education policy approved in Alberta, why don't we just ask students if they think the Catholic boards have their best interests at heart?

And in Ontario there was opposition from Catholic leaders to the much-needed, recently updated sex-education curriculum.

That deficit-plagued province recently asked voters for ideas online for ways it could save money in its budget. Here's an idea: According to a 2012 report from the Federation of Urban Neighbourhoods, merging Ontario's Catholic and public school boards would save the province more than \$1 billion.

The premier has always poooh-pooohed the proposal, but apparently not for fear of a public-opinion backlash, which may have been a real concern in past years.

A Forum poll from last July found 51 per cent of Ontario voters want to end public funding of Catholic schools. Just 38 per cent want to continue it.

Forum Research President Dr. Lorne Bozinoff wrote: "We have tracked this issue for several years ... If it were ever put to a public referendum, Catholic school funding would lose, fair and square."

All three holdout provinces should be learning by example from their neighbours. Catholic schools had their place in the formation of this country, but they have outlived their relevance. If elected officials won't do it for the inclusion or equality of all their constituents, they should do it for the money.

**Samantha Emann** is a copy editor at Metro. You can reach her at Samantha.Emann@metronews.ca

## ROSEMARY WESTWOOD metroview

**It's nice to have a white wedding — even in today's world**

In the stylish and soapy TV drama *Scandal*, the indomitable political strategist Olivia Pope (played by Kerry Washington) wears white like it's armour. She obsesses over her both real and metaphorical "white hat" — the symbol of her defence of justice and her sacrifices for noble causes.

White, in this sense, is a power colour. It is strength, writ positive, and a statement at odds with the domineering but dark power of black.

But I wonder whether Pope, a non-traditionalist in almost all matters, if she were to marry, would don white. Where white makes for a statement suit in the halls of the White House (arguably the seat of global power), it is nothing short of conventional down the aisle.

And today's so-called modern bride could not be more traditional in colour. Almost everyone still chooses cream, off-white, coconut or pearl. I will wear white(ish). And I'm struggling to figure out why.

White, I remind myself, has other notes than virginal: righteousness and freshness. Hope and purity, not of sexual virtue, but of romantic intent. Intent of the soul.

Coco Chanel supposedly ascribed to the colour "perfect harmony." At a recent viewing of the painter J.M.W. Turner's works, his use of light was most arresting — that is, his use of glowing,

swelling white.

G.K. Chesterton wrote God "never paints so gorgeously, I had almost said so gaudily, as when He paints in white." That he was talking about chalk is beside the point.

The Western cliché of bridal white has incredible staying power. According to *Time* Magazine, Queen Victoria's scandalous choice of white silk over the then-fashionable red for her wedding gave us the tradition back in 1840.

And whatever else today's brides may want for their "big day" — they want a big day, they want it to feel like a wedding and they want to strike the vision of a bride. That means white, in lace or silk, short or long, slinky or poofy, overwrought by gaudy detail, or simplified to a sheath.

You, in white. It is an intoxicating fantasy.

Perhaps white's very dominance says something about how in flux all the rest of it is: the actual wedding, and the ensuing marriage. When the details of the day are entirely up for grabs, from an elopement to a grand party. When the marriage itself might look exactly like the preceding relationship, or might not mean anything that it used to.

Maybe then, we (in white) feel the need to hold on to some symbol of the moment. Some nod to the ceremony. Some sign that we are, in fact, brides.

### THE MICROTREND: Tranquillity for tots



The complete relaxation of a spa setting, in today's ultra-connected age, has never held so much appeal to so many. What was once primarily a ladies'-day-out affair has branched into something much broader, becoming a popular upscale activity for men and, more recently, pets. It's luxuriously lucrative, which has left entrepreneurs looking for more markets. A new report from SpaFinder — aimed at investors — has identified an untapped (and presumably, still stressed-out) demographic: children. Forget playing in the dirt to blow off steam. Today's kids are suffering from "tech neck" from too much time on tablets. Their parents are searching for post-math-class mindfulness sessions, holistic whole-body movement courses, and, of course, yoga.

## metro

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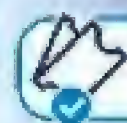
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# metro LIFE

Your essential daily news

Study finds professional video game playing as demanding as other sports



## Bootylicious like Kim & Ko.

### FITNESS TREND

### Celeb trainer says more and more clients ask how to get a bigger butt

The members of the Kardashian family are known for many things, not the least of which is an abundant posterior.

It's been just over a year since Kim broke the Internet with a magazine cover popping champagne on her behind, and one week since she nearly did it again with an Instagram selfie wearing nothing but black bars.

Since then, celebrity trainer Gunnar Peterson has been seeing one training request more and more: a bigger butt.

As trainer to Kim's younger sister Khloe Kardashian, Peterson knows what he's talking about.

He spoke with Torstar News Service from Los Angeles at 5:30 a.m. local time while spinning on his stationary bike.

**A lot of people want bigger legs, a bigger butt. Some called 2013 the "year of the butt."**

Was that on the Chinese calendar? I didn't see that on the menu at the Mongolian barbecue the other day. (laughs)

**Is that something you've been seeing?**

Of course. It's an ongoing request. They have to bear in mind that to add size, that comes with adding calories above and beyond what you're burning, and getting adequate rest.

I'm sure we know some guys who spend innumerable hours at the gym and they're not gaining any size. They're probably not recovering. Their food is either not adequate or not timed out properly. It's a tough pursuit.

When you think women have on average 10 to 20 per cent the testosterone that we have — which is required to build lean tissue — that's a tough road. I would say lift heavy, eat more, sleep more. That's for men and women.

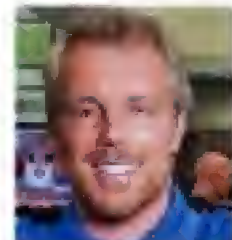
Those are tough protocols to assign to a woman. They don't want to hear "eat more" a lot of the time. A lot of them don't want to hear "lift heavy."

**What are some of the misconceptions around building a bigger butt?**

You look at people in any power sport, you see big butts. Those guys and those girls are not on all fours, pressing the sole of their foot to the ceiling with an ankle weight on it. They're just not. And if they are it's for a video or it's to get a quick pump. The real building comes with the deep squats, the heavy weights, the dead lifts, the deep lunges, the sleep and the food.

**Why is sleep so important?**

That's the only time your body recovers. If you think of the dated term "body building," it's actually body destroying. What you do in the gym is actually tearing your body down. It's when you leave the gym that the body starts the recovery process and goes "Holy s—, what did you just hit me with? I have to put myself back together in case you're stupid enough to do that again." TORSTAR NEWS SERVICE



**I would say lift heavy, eat more, sleep more.**

Gunnar Peterson, personal trainer, on attaining a bigger backside



**QUIT DRINKING WHILE TRAINING**  
"If you're not drinking — especially during a period of time when you're trying to attain a goal — that's obviously the right way to do it. You're way ahead of the curve."

Kim Kardashian's aspirational bottom is sending droves of women to the gym. GETTY IMAGES

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# The messiness of modern breakups

## MODERN LOVE

### Digital changing the way we hook up — and split up

Back in 2006 — just two years after Mark Zuckerberg founded Facebook — Indiana University anthropologist Iana Gershon recalls showing a clip from comedian Dave Chappelle in a class and noticing a student crying.

"Dave Chappelle does a lot of things," Gershon says. "But he doesn't make people cry." The student, she later learned, had just been dumped through a text message. "He wrote to her, broke up with her, then refused to communicate with her through any other medium," Gershon recalls, who grew fascinated with this new relationship reality.

In her book, *The Breakup 2.0: Disconnecting Over New Media*, Gershon writes about interviewing dozens of undergrad students about dating and breakups in the digital age. When students told her their "breakup stories," many shared a common thread: A focus on whether someone was dumped

through a text, email, phone call, Facebook message or in-person conversation. "This gives important information about how the person hearing this should be interpreting it," Gershon says.

In other words, "the medium is the message," as Canadian communication theorist Marshall McLuhan wrote back in 1964. Fast forward 40 years, and Gershon found modern daters have a keen understanding of each medium's meaning.

With a large majority of students agreeing in-person is still the best way to tell someone it's over. But that doesn't mean people actually do it.

One Pew Research Center report found most young people aren't a fan of dumping-by-text, yet 27 per cent of teen daters have broken up with someone through a text message (and even more, at 31 per cent, have been on the re-

ceiving end.)

Far from uncommon, this is the new breakup landscape, and one that's often impersonal and bewildering. Even celebrities aren't immune. Take pop-star Katy Perry, whose 14-month marriage to comedian Russell Brand ended on her phone. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011,"

er young people support breaking up through social media messages or a changed Facebook relationship status. Still, those get used too, with 6 per cent of teens reporting that they've broken up with someone through both those strategies.

One Canadian startup, dubbed The Breakup Shop, is capitalizing on society's eagerness to dump people digitally. Starting at \$10, you can buy a breakup text, while \$29 will get you a breakup phone call with a runtime of a minute or less. And for \$80, you can buy the dumpee a "breakup gift pack," complete with Chips Ahoy! rainbow cookies, a Netflix gift card, two red wine glasses, a handcrafted sympathy letter, and either a copy of *The Notebook* on Blu-ray or the video game *Call of Duty: Ghosts*.

Since launching in early November, the company says it has performed around 160 breakups, and plans to launch an app in the spring to deliver even more breakups "without the hassle."

But anyone who's been dumped knows modern breakups are a hassle, filled with both physical and digital clutter. Matt Shumate, author of self-help book *From Broken Up to Bro 2.0*, recommends a complete online detox from an ex to speed up the healing process.

"Don't unfriend them from Facebook necessarily," he said in an email. "But certainly unfollow and make sure that they won't be popping up into your so-

cial feeds." (It's something Facebook has been paying attention to, launching new tools late last year so people see less of their old flames without blocking or deleting them.) For some, those measures don't go far enough, and healing after a breakup might mean staying off social media altogether, Shumate told me.

The post-split social media purge makes sense. The entire dating landscape has changed in the digital age. People are dating longer, providing ample opportunities to meet new partners and, inevitably, split up with most of them. In the 1960s and '70s, the average age for a first marriage was just over 25 for men and 22 for women, but by the late 2000s, the average age for both was around 30.

Now we're haunted by past flames on Facebook, dumped over text, ghosted by lovers who disappear despite having a world of communication tools at their fingertips. However you do it, a post-split detox doesn't change the messy reality: Breakups today are a minefield of impersonal communication methods and lingering digital memories, including many that are impossible to erase.

But it's worth keeping in mind that splitting up is a natural — and time-honoured — part of dating. "Some relationships are about saying goodbye," says Wilk. "And that's fine."

TORSTAR NEWS SERVICE

Sorry. I'm just not feeling it.



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# Issues, not apps the focus at SXSW

## TECHNOLOGY

### Talks of digital privacy, robots eclipsed new launches at fest

Big-picture issues and futuristic ideas — rather than the usual hot app or startup launch — have taken the spotlight at this year's South by Southwest Interactive tech jamboree in Austin, Texas.

President Barack Obama's opening keynote on Friday referenced the current fight between Apple and the FBI and set an issue-driven tone for the conference. And a daylong online harassment summit put the spotlight on the troubling topic of online harassment. Meanwhile, panels focused on futuristic ideas such as robots for the elderly and supersonic public transportation.

Here's a look at the buzziest trends so far at the festival's tech-focused conference, which runs through Tuesday.

#### Big issues

It's an election year, and hotly debated issues dominated discussions. Obama, the first U.S. president to headline a SXSW event, said he was strongly committed to encryption but said authorities must be able to access data held on electronic devices to fight crime and extremist violence. He didn't specifically comment on the FBI's case against Apple, however. A federal court has ordered Apple to help the FBI break into a phone used by one of the San Bernardino killers. Apple has appealed the ruling and says the government plan puts the privacy of all users at risk.

Panelists on online harassment discussed trolling and abuse in online comments and social media, mainly of women. One panel gave statistics and examples of the harassment women of colour and female journalists face to illustrate the scope of the problem on social media.

Another panel, initially cancelled due to threats of violence against panelists and the festival, discussed how game-related design, such as algorithms or pre-set filters, could be used to discourage harassment. Due to the previous threats, the daylong online harassment summit took place under tight security, but there were no disturbances.

The festival had its own mini-discrimination controversy. Organizers apologized



Kerry Washington spoke at a South by Southwest event on how social media has impacted traditional media's representation of diversity and beauty. Hers was just one of many issues-based events. THE ASSOCIATED PRESS

to a panelist after she tweeted that she was told she had to remove her headscarf for a festival ID badge. She was eventually allowed to take a photo with her headscarf — then received a badge with the right picture but the wrong name and affiliation, as her tweets documented and the festival confirmed.

#### Futuristic ideas

Rodney Brooks, creator of Roomba and CEO of Rethink Robots, argued that robots aren't as dangerous as people think they are. At one point, he reached into his pocket and pulled out a coin — then noted that no robot is currently capable of doing the same.

Still, the robotics pioneer thinks robots will be essential for elder care, helping with daily tasks, acting as companions and driving people around. In similar respects such as manufacturing, he argued, robots won't displace jobs. They'll do the work no one wants to do.

#### Tech and music

As always, tech and music intermingled during the festival. When the indie-rock band Great Caesar played at a popular local bar, it was no ordinary

SXSW show. Its sponsor, Doppler, was testing ear buds designed to augment live music. Via an app, ear bud wearers could adjust the bass they could hear, for example, or create an echo effect. They could also choose pre-mixed filters that mimic the sound effects of different places, such as a small studio or Carnegie Hall. "I like having some kind of control over what I'm listening to," said Marshall Heinz, a law student in Austin who tried out the device. "I make music, so to interact with people who are way better musicians than me is pretty cool."

#### Sony's 'N' Concept

Sony had one of the buzziest product demos of the festival, previewing a prototype device called the "N" concept neckband. It's a speaker that rests on the neck, plays music, takes pictures and responds to voice commands such as queries about the weather. Response to the device, unveiled Saturday, has been enthusiastic, said research and development deputy president Jun Maruo, who said there's no timeline for when Sony might release the neck band or what it might cost.

THE ASSOCIATED PRESS



## JOHANNA SCHNELLER WHAT I'M WATCHING

### A lesson in race on your TV show

**THE SHOWS:** *Black-ish*, Season 2, Episode 1 (ABC/City); and *American Crime Story: The People v. O.J. Simpson*, Season 1, Episode 5 (FX)  
**THE MOMENT:** The N-word

Adorable moppet Jack (Miles Brown) rapped the N word during a school concert. His school wants to expel him. His father Dre (Anthony Anderson) defends him to the (mostly white) board.

"You people are trying to eliminate a word from my son's vocabulary because you think it's ugly," Dre says.

"Isn't it?" asks a white administrator.

"From you, it would be," Dre replies. "The white man either wants nobody to say it because he can't, or everybody to say it because he wants to."

Black-ish has been more black and less ish this season.



*Black-ish* has been more black and less 'ish' this season, writes Johanna Schneller. CONTRIBUTED

and is stronger for it. In Episode 16, for example, the family reacts to police brutality against African-Americans. In this episode, people utter the N word 10 times in 22 minutes.

The same debate recently popped up on *The People v. O.J. Simpson*: Two black lawyers argue whether the word should be allowed in court. Christopher Darden (Stirling K. Brown) says it's hurtful to black people.

Johnnie Cochran (Courtney B. Vance) says black people can and have handled much worse.

These shows, along with the just-concluded series *American Crime* (in which a black high-

school basketball captain is implicated in the rape of a white teammate), examine issues of race and class from multiple angles. They harken back to the 1970s, when Norman Lear's sitcoms *All in the Family* and *Maude* routinely delivered civics lessons to a broad audience.

Though TV is more niche now, it's still our most powerful medium for delivering a message. These series aren't afraid to use it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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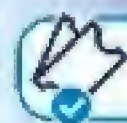
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metroSPECIAL REPORT: CAMP GUIDE

Whatever choice you make, ensure your child's creative and adventurous spirit are nourished. ISTOCK



# Choosing the right camp for your kid

FUN TIMES

**Help your child stave off boredom this summer**

Eoin Weldon

With spring nearly upon us and summer within sight, many parents are mulling over what summer day camp is best for their kid. Day camps are a fantastic way to create lasting memories for your child while broadening their horizons in the name of fun.

It is a great way to break up the monotony of the summer and help your child stave off the inevitable onset of boredom while off school. Additionally, camps offer a useful outlet to parents who are hoping to temporarily detach their child from excessive use of technology and develop their own creativity and personality away from the glow of a screen.

The age range of the camps is broad with children as young as three able to take part in sports, science or swimming camps. At the other end of the age scale teens up to the age of 16 are catered for with babysitting and triathlon camps among the options available.

With so many choices in Edmonton it's hard to know which camp is the best fit for your child, but there are important things to note while you search.

"From a parent's perspective, begin by making sure the camp is accredited through the Alberta Camping Association or through organizations like High Five," says Tammy Goodwin, the health and fitness centres program manager for YMCA Northern Alberta. "From a programming perspective make sure the camp offers a lot of variety so that there is something for everyone."

The extensive range of camps may complicate your decision so why not simplify the choice by basing it on the personality of your child.

"If you have a shy child, choose a camp related to their special interest. Things like cooking, science, drama, robotics or art," added Goodwin. "I would say 90 per cent of the camps out there, even the ones that are technology camps, include a lot of activities throughout the day so that does help with children who are active. But if you have a super active child I would choose a sports or an aquatics camp."

Whatever choice you make rest assured that your child's creative and adventurous spirit are nourished. Aside from speeding up your child's development through fun experiences, it's very likely the visit will introduce them to a host of future friends.

# SAIT SUMMER CAMPS

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While sports like basketball are popular, there are other options if your child's interests lay in science or elsewhere. ISTOCK



# LEARNING CURVE

## Feeling the pinch?

As the school year winds down, many post-secondary students are feeling the financial pinch. Last summer, a CIBC poll suggested that more than half of post-secondary students run out of money before the academic year is up, turning to their parents for financial assistance. For students currently in that situation, there are some key ways to avoid repeating the pattern next year.

**Make a values-based budget.** Some costs, such as tuition and housing, are fixed. As for variable costs, students should make sure their spending lines up with their values — and their available resources.

"There are certain things (students) absolutely need versus what they want," says Dustin Edwards, a Student Financial Support and Outreach specialist at the University of Alberta. "At the heart of that is what they value and making sure it matches how they're spending."

**Remember that things add up.** Eating out regularly might be easy at the beginning of the year, but it can mean trouble by spring.

"That slowly adds up, and then when they get to March, they say, 'oh, I don't have the money for groceries right now,'" says Edwards.

Whether it's restaurant visits, morning coffee or other variable costs, don't forget the big picture.

**Track transactions.** Edwards recommends students track all their transactions for a week or a month, to help understand their own spending habits. "This is a really good way to conceptualize where their money is going, and it's often really eye-opening," he says.

**Have a rainy day fund.** Car breaks down? Need to head home for a family situation? Such costs can be devastating if students don't have some cash tucked away. Edwards suggests regularly contributing to a "set it and forget it" bank



JES FICK

account that isn't used except in emergencies.

**Don't be afraid to use on-campus resources.** In addition to scholarships and bursaries, schools offer various financial services, from money-management workshops to emergency student loans. Edwards says despite there still being some stigma about utilizing such services, students shouldn't be afraid to use the

resources at their disposal — and to start doing so as early as possible.

"You don't have to start looking only when you're in financial need; start early and try to be proactive," says Edwards. "The last thing we want is a student in April, when they're going through finals, to also be really stressed about finances."

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## How to go beyond your expectations

Before enrolling in the computerized payroll accounting program at Academy of Learning Career College, Jenna-Lee Abramic was working as a temporary office administrator.

Abramic has always had a desire to work with numbers and through her temp job, she gained experience in payroll, and accounts receivable.

"The short experience I had with office admin pushed me to finally go after the career I wanted," says Abramic.

"With my computerized payroll accounting diploma, I have the knowledge to advance myself in the life long career I've always wanted, and succeed in."

Abramic says from the moment she walked in the doors at Academy of Learning to receive information about the program, the facilitators have gone over and beyond her expectations.

"They have given me the confidence I never knew I had," says Abramic.

"Academy of Learning offered flexible learn-



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ing. I am able to learn how I learn best, with flexible hours."

After Abramic completes her 44-week program, she hopes to find work as an entry-level payroll practitioner and feel the pride that comes with being a college graduate and being able to provide for her family.

"I would recommend his course because it gives you an in depth view on payroll and accounting," says Abramic.

"The course is structured for those who learn visually, auditory, and hands on." For more information about this program or any others offered at the Academy of Learning, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

## INTENSIVE PROGRAM TO GET READY FOR TEACHING

The bachelor of education (after-degree) (B.Ed.) program at Ambrose University is a two-year after degree designed to prepare individuals to teach in public school systems.

"This program is designed for men and women who desire to seek what is good for all people in society, through public school education," says Dr. Bernie Potvin, associate dean of Education, at Ambrose University.

"The program is open to people of all faith and non-faith backgrounds."

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students will receive ongoing, continuous and developmental learning experiences regarding each competency, experienced over the two years of the program," says Potvin.

"Under the guidance of qualified instructors, each of whom has had extensive public school teaching experience, our students systematically study teaching and develop competencies through shared praxis and inquiry-based learning." Applications are now open for the September 2016 start date. For more information about the bachelor of education (after degree) program, visit [ambrose.edu](http://ambrose.edu).

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# Making a real difference to those in need

The disability studies program at Bow Valley College has been designed for learners seeking a career supporting individuals with disabilities in early childhood settings, schools, residentially and in community and employment services.

"Of all the roles in human services this is one of the most rewarding, as you will make a real difference for people who need it most," says Dr. Aileen Wight Felske, coordinator of disability studies in the School of Health, Justice, and Human Services at Bow Valley College.

"You will learn how to support the wellbeing of children and adults with disabilities, while taking an active role in creating inclusive and diverse communities."

This eight-month certificate program, or 16-month diploma program, will prepare students to work with individuals, families, and communities, with the goal of supporting the full inclusion of persons with disabilities.

Students will develop the knowledge, skills, and values to support their work for and with persons with disabilities throughout the lifespan.

Graduates can work in a leadership role in a variety of services that support children and adults with disabilities, including education settings, not-for-profit community agencies, or directly with families.

The program combines innovative classroom learning strategies with practical experiences to lay a solid foundation for challenging careers.

BVC offers traditional class and on-line training in this field. The program includes three practicum opportunities in services.

BVC is the only post secondary college delivering this program in Alberta.

For more information about this program, visit [bowvalleycollege.ca/disabilitystudies](http://bowvalleycollege.ca/disabilitystudies).



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# Job market is tougher than ever

Today's competitive global business market has become more and more challenging to make it up the corporate ladder.

Numerous graduates enter into the job market every year; without comparable qualifications, graduates may find it difficult to break into the market, or to progress in their careers.

"Whether you want to start a profession in marketing, accounting, or be an entrepreneur, ABM College can help students become an integral part of the business world with the business administration program," says Dr. Baten, ABM College president and CEO.

"Our carefully designed 11-month diploma gives students a foundation in the concepts of business, while educating students on the essentials of accounting, management, marketing, business computers, human resources, communications, international business, entrepreneurial business, and more."

Students will be armed with a wealth of practical experience through simulations of



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real-world business situations.

Once students have completed their studies at ABM College, the team of career advisers are present to assist students in all types of career services, whether it is resumé writing, interview skills or job search.

"Classes at ABM were designed with students in mind; if it's one thing ABM College students enjoy, it's the fact that they have enough time aside from their studies to work and/or spend time with loved ones," says Baten.

"Equipped with flexible hours and a dynamic group of industry leaders and instructors, it's no wonder why aspiring entrepreneurs are choosing ABM College as their number one choice."

For more information, visit [abmcollege.com/program/business-administration](http://abmcollege.com/program/business-administration).

# BECOME THE INFORMATION HUB AT YOUR COMPANY

Information flow is critical in an office environment. Clients, partners, managers, communicators and administrators need to work in sync to create a business that works.

That's why every office needs at least one great business administration professional.

Business administration professionals are often the keepers of day-to-day financial and human resources information, the receivers of supplies and the organizers of clients. As hubs for the business, they become key decision influencers. Put simply, they make the organization run smoothly.

This valued profession provides a wide range of great work for individuals who enjoy communications, organization, and book-keeping. Streams in the profession include management, marketing, finance, accounting, and human resources. The diverse positions available to explore include accounting/book-keeping assistant, marketing assistant, and office manager.

Positions in the field are well-paid — reflecting their professionalism and the level of responsibility they demand. An office manager in Alberta can earn a median wage of \$24 per hour.



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The Business Administration Management diploma program at CDI College will help you launch into a career as a business administration professional. In less than a year, you'll be equipped with the skills and knowledge you need to apply for exciting jobs in the business fields that challenge and motivate you.

For more information about the Business Administration Management program at CDI College, call 1-800-360-7186 or visit [study.cdicollege.ca](http://study.cdicollege.ca).

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# EDUCATING FUTURE BUSINESS LEADERS

The Alberta Haskayne executive MBA aims to transform Canada's future by educating the next generation of business and public sector leaders. In the context of increasing complexity, competitiveness and uncertainty, experienced professionals are recognizing the need to enrich their skills and deepen their professional networks.

The Executive MBA, jointly offered by the Haskayne School of Business and the University of Alberta, is designed to meet your needs.

"Over the last few years, we have seen increasing demand from students wishing to enhance their quantitative skills and knowledge," says Dr. Vern Jones, associate dean of academic direct through the Alberta Haskayne executive MBA program.

"Therefore you can now choose to select all of the finance electives available to qualify for a finance specialization."

The executive MBA curriculum is tailored to mid- and senior-level professionals who already have significant professional experience and are familiar with the fundamentals

## INFO SESSION

The next information session for this program is Thursday, March 17, 2016 at 5:30 p.m. located at the University of Calgary downtown campus. The next Fall cohort will start in August 2016 and conclude in May 2018. Application deadline is May 29.

of business.

Therefore, the curriculum is designed to leverage the collective experience of the students as well as insights from academic research and lessons from business leaders.

"Our students are able to consolidate their business knowledge and sharpen their critical thinking skills through the program to make them more effective in their current and future roles," says Jones.

"In addition, there are a multitude of oppor-



Executive MBA students listen to guest speakers share their thoughts on effective leadership styles. CONTRIBUTED

tunities for them to develop their leadership capability through working with an executive coach, group work, engagement with executive speakers and leadership development workshops."


The program is comprised of 20 courses in total, of which 17 are required for all students and three are electives.

"The reputation of our program is very

strong locally, nationally and internationally with a very active alumni network and recognition as one of the top 100 programs worldwide by the Financial Times," says Jones.


If students meet the criteria, they may be eligible to have the GMAT requirement waived.


For more information about the Alberta Haskayne executive MBA, visit [haskayne-emba.ca](http://haskayne-emba.ca).



# CAREER FAIR

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## Financial administrators in high demand

Companies are always searching for informed, accurate and organized financial administrators to help them navigate the financial aspects of their business.

A career in the financial administration field is a rewarding one — and very much in demand. If you've always enjoyed math, you like helping people, and you have an eye for

detail, then work in this challenging field may be for you.

In this role, you're considered the gatekeeper of the financial aspects of the business, and you have the ability to analyze the financial data you're given, flagging any financial threats and opportunities for the benefit of your client or company.

There are many diverse roles in the field, each with its own specialties. These include accounting clerk, audit clerk, bank clerk, and payroll officer. All these require bookkeeping skills, and up-to-date software skills including Microsoft Office Suite programs

Excel, Word, and Outlook. Jobs in the field are valued and well-paid. A payroll clerk in Alberta makes a median wage of about \$25 per hour.

The Accounting and Payroll Administration program at Reeves College is an immersive program in accounting and payroll fundamentals that provides its graduates with the skills and knowledge they need for a rewarding career.

For more information on the Accounting and Payroll Administration program at Reeves College, visit [study.reevescollege.ca](http://study.reevescollege.ca), or call 1-800-533-1457.

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## LEARN TO HELP OTHERS

The human services professional diploma program at Columbia College is for individuals who want to make a difference in the lives of others.

"The program is designed for people who love to help others (especially vulnerable populations, children, women and men) to live a quality life," says Tobias Mwandala, MSW, RSW, director human services programs, Columbia College.

"The programs calls for caring and advocacy values for others."

Throughout the one-year condensed program, students will learn a number of skills, values, attitudes and behaviours suitable for a competent human services worker, including strong listening skills, develop empathetic qualities, and human services methodologies.

Students will also become aware of common human issues and problems.

Columbia College has introduced a new course in the program — introduction to gender and women studies, which informs and engages students on issues, theories and concepts and trends in gender and women studies.

They also provide a nonviolent crisis intervention (CPI) course and certificate to students as part of their practicum training.



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The CPI course prepares our students to respond to crisis in a healthy and non-violent manner.

After graduation, students can choose from a range of settings: new immigrant serving agencies, community centres, as well as schools or non-for-profit agencies.

Most of Columbia College graduates work as caseworkers, intake workers, youth workers and support workers.

This program has three intakes per year: January, May, and September. For more information about this program, visit [columbia.ab.ca](http://columbia.ab.ca)



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# An immersion into a health-care aide role

Before arriving in Calgary in 2014, Ferlan (Lance) Peralta was a physical therapist for 12 years — working in a psychiatric hospital in the Middle East.

As a previous health-care practitioner, Peralta decided to pursue an education in health-care aide to help continue to bridge his experiences and skills in Canada.

"Media ads, surveys and community suggestions were a great help to me when I considered choosing Robertson College," says Peralta.

"I then researched and evaluated before I chose the right college."

During his five months in the health-care aide program at Robertson College, Peralta says the instructors gave personal examples when teaching lessons, which helped him to gain a better understanding of what it will be like in the field.

"They also made you feel comfortable when asking any type of question and gave great examples when giving answers," says Peralta.

This program also includes a practicum component as required by the curriculum or 240 hours.

This gives the students an immersion to the role of the health-care aide and practical training.

"Once I was on practicum, I felt prepared and confident in my skills and abilities, so the reality of being a health-care aide felt right," says Peralta.

Peralta completed the program in November 2015 and obtained employment in the field shortly after graduation.

"Acquiring all the skills and knowledge from my studies at Robertson College gave me everything that I need to become a certified health care aide," says Peralta.

"It covers all the skills that you need to work in the health care industry."

Peralta says he would recommend this program to other who are looking for a career in a field with stable employment opportunities — especially those health care professionals who are new to Canada



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and seeking Canadian credentials.

"It assures stability and bridging career to every job seeker and previous health care workers from outside of Canada," says Peralta.

"It is a very challenging and a noble job."

For more information about the health care aide program at Robertson College, visit [robertsoncollege.com](http://robertsoncollege.com).

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# Learn Reiki: a form of healing energy

Through the study of Reiki at Mount Royal University (Faculty of Continuing Education) students learn about the history of Reiki, its fundamental principles, the techniques used, and how to apply them.

"Reiki's loving and supportive energies activate one's self-awareness, enabling healing, enhanced intuitive processes, and resilience in life," says Jennifer (Ash) Williams, Usui and Karuna Reiki master, and MRU Reiki instructor.

Reiki is a Japanese form of energy healing that promotes deep levels of healing in both the practitioner and client simultaneously.

"It has been clinically proven to reduce or remove pain, relax the nervous system, improve immune function, and accelerate wound healing," says Williams.

Students learn how to use Reiki to bring healing, peace, and balance to their lives.

"They become more in touch with their own energy, and more mindful and aware of their thoughts and emotional processes," says Williams.

"Old patterns that no longer serve them can be looked at and released, allowing for a new way of being to emerge."

Williams says these classes attract people from all walks of life, and their reasons are as varied as they are.

"They may be in search of their own physical, mental, emotional and/or spiritual healing, or want a career change that involves helping people or animals," says Williams.

"Others attend because although they are in touch with their energy, they often feel



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depleted, and therefore want to learn how to better manage and maintain a strong and positive vibration."

Reiki classes at Mount Royal are ongoing. For more information, visit [conted.mtroyal.ca/reiki](http://conted.mtroyal.ca/reiki).

# LEAVE YOUR MARK IN THE DIGITAL WORLD



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In a visual world, the newly revised digital graphic design extension certificate offered through the Faculty of Continuing Education at Mount Royal University can give those individuals the skills the need to leave their mark in the digital age.

"The digital graphic design program is designed for those who either want to break into the industry as a freelancer, or for those who are looking to expand upon their skills," says Ryan Evans, instructor, of the digital graphic design program, MRU.

Students will learn art design theories, how to start their own businesses as a freelance graphic designer, how to use key computer software that would be used when drawing, altering images or laying out large documents.

The digital graphic design program at MRU offers the latest in technology with the most current versions of software.

It covers some of the graphic design tools that might be used in the field, such as Adobe Illustrator, Photoshop, and InDesign.

Students will also take an introductory course that provides more practical experience when working with clients, setting up your own business, preparing quotes/invoices, etc.

"The instructors relate concepts to real-work scenarios, like creating logos, business cards, preparing quotes and invoices, etc.," says Evans.

The skills learned in this program can be applied in many ways. Students can start their own freelance graphic design companies with some the skills they learned in this program, or if they are already working for an employer, they will be able to design more sophisticated materials for their work.

For more information about this program, visit [conted.mtroyal.ca/graphicdesign](http://conted.mtroyal.ca/graphicdesign).



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# FASHIONISTAS ARE IN DEMAND

The world of fashion is a billion dollar industry and fashionistas are in demand. Step out of the box and make your visions a reality with training in fashion marketing at The Fashion Institute by Olds College in downtown Calgary.

"Graduates are sought after by companies that want demonstrated initiative, reasoning behind business practices and how to elevate the effectiveness of marketing and promotional activities," says Teri McKinnon, manager, The Fashion Institute by Olds College and Calgary Campus.

"Educated employees can start out higher on the ladder and move up quickly."

The Fashion Institute by Olds College also offers a two-year apparel technology program with majors in fashion apparel and costume cutting, as well as the eight-month certificate in fashion marketing.

The fashion marketing certificate is a fast, very hands-on, eight-month program and blends the visual aspects of the industry with theory and industry application.

"Employers today are looking for experience and education; it signifies to them that this person is willing to commit to understanding the business as well as the fashion," says McKinnon.

"Olds College prepares students by connecting them directly to industry through innovative, inquiry-based projects that build knowledge and fluency on the diversity within a billion dollar industry."

The industry-trained faculty ensure students leave the program with the highest quality of education — a fact demonstrated by the outstanding jobs graduates of this program have obtained.

"The field is expansive and diverse — some of our fashion marketing program graduates have gone on to work with Banana Republic, Hudson's Bay Top Shop, le Chateau and bridal boutiques just to name a few," says McKinnon.

"We have students that have interned with fashion stylists and worked as visual merchandising managers."



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Courses in this program include image consulting, professional selling, visual display, marketing, promotions, and garment analysis. Students are exposed to the multiple layers required to operate a retail business.

Located in the heart of downtown Calgary, The Fashion Institute by Olds College is ideally

situated within a thriving city bursting in high-end retail, creative new fashion boutiques and established apparel leaders. For more information about the fashion marketing certificate program at The Fashion Institute by Olds College in Downtown Calgary, visit [oldscollege.ca/programs/fashion/fashion-marketing/index](http://oldscollege.ca/programs/fashion/fashion-marketing/index).

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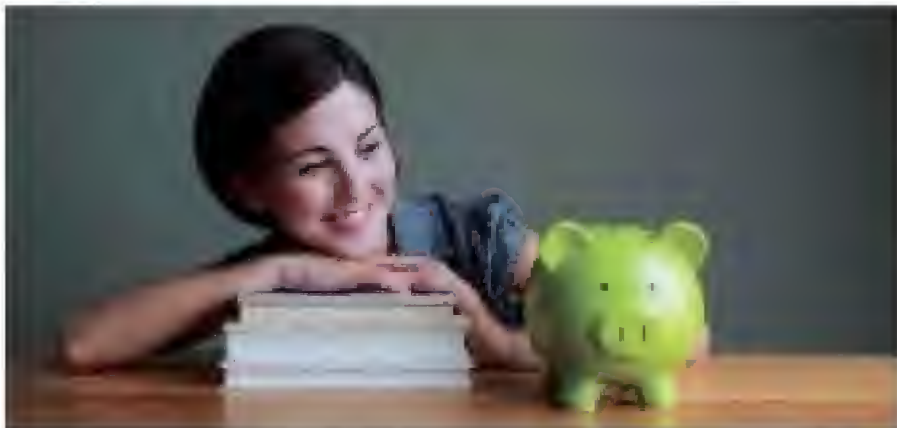
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# Learning your money skills at a younger age

The value of understanding money and how to properly manage and invest it is an important skill to learn at a young age.

By learning these skills in high school, students are given tools to set themselves up for financial success in their future.

High school students who want to learn the basics of financial investing and stock markets are being encouraged to form teams and participate in the first finance competition of its kind to be held at the University of Lethbridge.

The competition includes a month-long Investment Challenge and a half-day of live competing in the uLethbridge's Centre for Financial Market Research and Teaching (trading room).

"We want to give high school students an opportunity to learn about the financial market in a relaxed and supportive setting," says Clayton Varjassy, trading room manager, uLethbridge.

"Students will learn about creating a portfolio, the importance of diversifying their holdings and making a compelling presentation."

Before the competition begins, teams will receive a one-on-one session with an organizer to explain how the event works and to answer any questions.

Teams are allowed to have one teacher advisor to consult with throughout the competition.

Teams will compete in three main categories. The Investment Challenge from April 18 to May 13 will give teams the opportunity to create a portfolio and buy and sell gold bars, treasury bills and stocks.

Teams will privately present their results to a panel of judges during the Investment Challenge Presentation at the uLethbridge on May 27.

The Trading Challenge, also on May 27, will give students the chance to compete against each other in real time in two eight-minute challenges.

The top three teams will receive a trophy, with \$200 going to the first place team, \$100 to the second place team and \$50 to the third place team.

The competition has space for 25 teams of three or four students.

Teams from Calgary high schools are welcome to compete, with online registration open until March 31.

For more information about the Investment Challenge of the Faculty of Management at uLethbridge, visit [uleth.ca/management](http://uleth.ca/management).

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# metr SPORTS

Defenceman P.K. Subban will sit out at least two more games with a neck injury, Montreal Canadiens coach Michel Therrien said

## Sanchez dreaming big with Super Bowl champs

NFL

### QB will have huge shoes to fill to take over starter's spot

Mark Sanchez is thankful for a fresh start in Denver — emphasis on start.

Sanchez said Monday that general manager John Elway told him to come in and compete for the No. 1 job with the Broncos, "and what a reinvigorating feeling this is."

"This isn't an opportunity I'm going to squander," the 29-year-old veteran said Monday during his introductory news conference at the team's suburban headquarters.

The Broncos acquired Sanchez from the Philadelphia Eagles last week for a conditional 2017 draft pick after the Super Bowl champions lost Peyton Manning to retirement and Brock Osweiler to free agency.

Sanchez, due \$4.5 million in the final year of his contract in 2016, said the trade caught him off-guard, but as it sunk in, he quickly realized how fortunate he was.

Sanchez said he's the perfect player to follow Manning after replacing another QB icon, Brett Favre, in New York his rookie season. What he learned from that experience, he said,

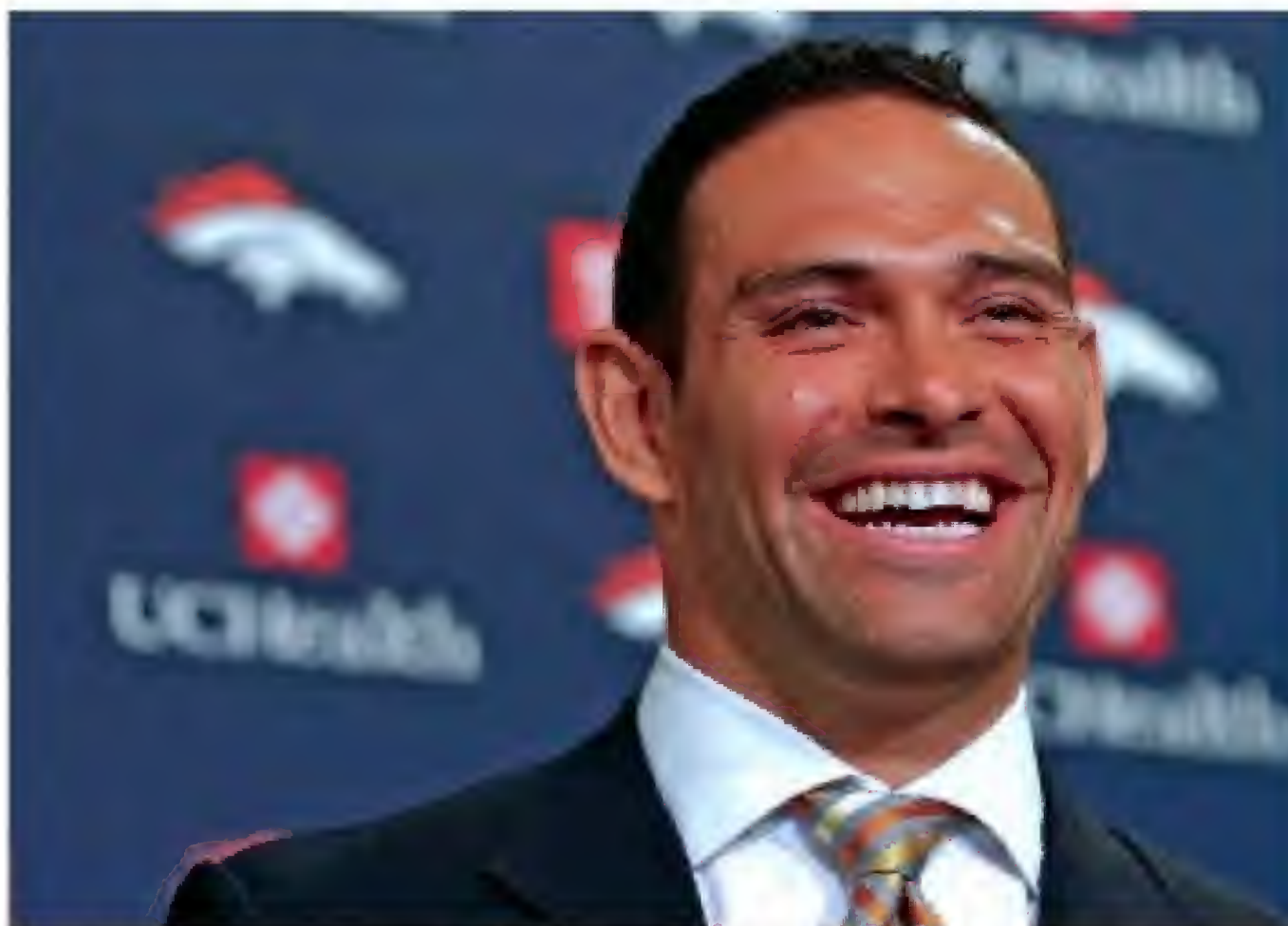
### + PIVOT DEPTH

The only other quarterback on the Broncos roster right now is Trevor Siemian, who took just one snap as a rookie last year, a kneel-down against Pittsburgh. John Elway will likely draft another quarterback next month and could very well add another veteran either through free agency or another trade.

was that playing in the shadows of a superstar doesn't have to be suffocating.

"You don't try to be Peyton Manning," Sanchez said. "Obviously we'll let No. 18 sit on the shelf there for a while. We'll let somebody else take that number. That's just rarified air. I'm so impressed with what he's done and would love to learn as much as I can from him and the guys who have been with him. But you know you've got to be yourself and work as hard as you can, be the best version of yourself and give everything I've got to the team."

And he's eager to make his



Mark Sanchez speaks at his introductory news conference on Monday in Englewood, Colo.

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

own, well, mark.

"I wasn't a part of anything last year, so I'm not hanging on any coattails that way. I'm eager to win. And I've seen a lot in this league," Sanchez said. "I'm not married. I don't

have a girlfriend. I don't have kids. I just want to play ball and I want to win. I really want to win.

"And I'm so lucky to be in a spot like this. So, you know, every waking moment, that's all I'm thinking about is what an opportunity this is, that I want to win and I want to play here."

Sanchez spent his first five NFL seasons with the Jets, help-

ing them to the AFC championship game in his first two years by winning playoff games on the road against teams led by Manning, Tom Brady, Carson Palmer and Philip Rivers. But the fifth overall pick in the 2009 NFL draft out of Southern California eventually lost his job in New York and spent the last two seasons as a backup in Philadelphia.

THE ASSOCIATED PRESS

**Every waking moment, that's all I'm thinking about is what an opportunity this is.**

New Broncos QB Mark Sanchez

### IN BRIEF

#### Concussion negligence claim thrown out by judge

A judge has tossed out a lawsuit by a former Canadian Football League player who claims negligence, alleging players haven't been protected from concussions.

B.C. Supreme Court Justice Christopher Hinkson says in a written ruling that the issues raised in Arland Bruce's lawsuit are part of a collective bargaining agreement between the league and the CFL Players' Association. Hinkson dismissed the case, saying those issues must be resolved through the grievance and arbitration process, not the courts. THE CANADIAN PRESS

#### NFL referees against the reduction of Wideman ban

The NFL Referees Association says it agrees with its NHL counterpart in objecting to the reduction of Dennis Wideman's suspension for knocking down a linesman.

NFLRA executive director Jim Quirk said Monday that any time an athlete makes unnecessary physical contact with an official, "there needs to be swift and certain punishment." An independent arbitrator reduced Wideman's suspension from 20 games to 10 after ruling that the Calgary Flames defenceman did not intend to injure linesman Don Henderson in Jan. 27 game. THE ASSOCIATED PRESS

Go to [metronews.ca](http://metronews.ca) for coverage of the St. Louis Blues' visit to the Saddledome.

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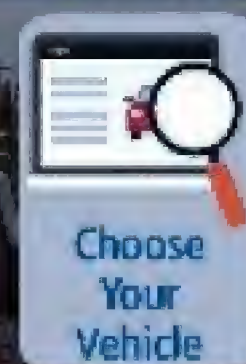
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## What to look for at March Madness

The overall No. 1 seed in the NCAA Tournament hasn't made it out of the opening weekend the past two years, so you better believe the boys at Kansas feels as if they have something to prove.

Even after their 12th

straight Big 12 championship, the Jayhawks enter not knowing exactly what lies ahead.

So, what storylines will dominate this opening weekend?

Here are some of them:

**1 BIG 12 OR BUST** — The Jayhawks weren't the only Big 12 flop last season. No. 3 seeds Baylor and Iowa State lost their openers and the league didn't get anybody to the Elite Eight. Can the seven teams that made this year's NCAA Tournament field find retribution?

**2 TOUGHEST TICKET** — Good luck getting a seat in Des Moines. The Jayhawks have a three-hour drive from their campus in Lawrence, while blue-bloods Kentucky, UConn and Indiana are joining them there. The only thing that would have driven up the price more is if the Hawkeyes (headed to Raleigh), Iowa State (off to Denver) or Northern Iowa (sent to Oklahoma City) were playing close to home.

**3 MOMENTUM MATTERS** — UConn roared through its conference tournament, as it did in winning the 2011 and '14 national titles. But if having momentum is a good thing this time of year, not having it is just as bad.

**4 GOING GLOBAL** — Utah's Jakob Poeltl was born in Austria. Other internationals: Buddy Hield of Oklahoma (Bahamas), Domantas Sabonis of Gonzaga (Lithuania), Iowa's Peter Jok (Sudan), Cheick Diallo of Kansas (Mali), Kentucky's Skal Labissiere (Haiti) and Amida Brimah of UConn (Ghana).

**5 RIVALRIES** — Potential, Southwest foes Texas and Texas A&M, powers Kentucky and Indiana, football foes Notre Dame and Michigan. THE ASSOCIATED PRESS

### IN BRIEF

**Murray upset at Indian Wells**  
Andy Murray has lost in the third round of the BNP Paribas Open at Indian Wells, Calif., getting beaten in three sets by 53rd-ranked Federico Delbonis of

Argentina.

Delbonis scored the biggest win of his career, outlasting Murray 6-4, 4-6 7-6 (3) on Monday in a two-hour, 46-minute struggle. THE ASSOCIATED PRESS

**Leicester's roll continues**  
Shinji Okazaki's overhead kick gave leader Leicester a 1-0 victory over Rafa Benitez's Newcastle on Monday, a goal as spectacular as his team's

improbable Premier League title challenge.

Leicester restored its five-point lead at the summit over Tottenham with eight games remaining. THE ASSOCIATED PRESS

RIO 2016

## U.S. Olympic fencer to compete in hijab

When fencer Ibtihaj Muhammad goes to the Rio Games this summer she will make history as the first U.S. Olympian to compete wearing a hijab.

But as she blazes a path on the world stage, she is worried about her security — at home. She fears it is being compromised by presidential hopeful Donald Trump, who has called for a temporary ban on Muslims entering the U.S.

"When you incite hateful speech and rhetoric like that, the people who say it never think about the repercussions and how that affects Muslims," Muhammad said in a recent Time magazine article.

"Specifically Muslim women who wear their religion every single day. So then you start to think, am I going to be safe?"

The 30-year-old has qualified to compete in sabre fencing at the Olympics in August.

"I still have faith in the greater America that we will not vote someone as ignorant as Donald Trump into office," Muhammad told Time. "As a country, we are collectively more intelligent than that."

Muhammad was born in Maplewood, N.J., and grew up as the middle child of five.

Her mother, Inayah Muham-



Ibtihaj Muhammad GETTY IMAGES

mad, a schoolteacher, encouraged all her kids to be competitive, even if it meant altering every uniform.

At 13, Muhammad started fencing in high school and her mother realized there was at least one sport where her outfit wouldn't require modification.

"As a Muslim female, the sport was uniquely accommodating," Muhammad said in her USA Fencing bio. "My religion requires that my body be fully covered and fencing did just that."

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# RECIPE Fish Tacos with Glazed Sweet Potato



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

- Coleslaw
- Salsa
- Chopped fresh cilantro
- Sour cream
- Guacamole

A zesty burst of spices paired with a hit of maple roasted sweet potato make these simple fish tacos your Tuesday night dinner date.

**Ready in**  
Prep time: 15 minutes  
Total time: 40 minutes  
**Serves 4**

- Ingredients**
- 4 to 6 mahi-mahi or halibut fillets
  - 1 tsp ground cumin
  - 1/2 tsp ground chili powder
  - 1/2 tsp ground oregano
  - 1/2 tsp garlic powder
  - 1/2 tsp ground cinnamon
  - 1/2 tsp salt
  - 1 small sweet potato, diced into 1/2-inch cubes
  - 2 tsp maple syrup
  - Salt
  - 1 tsp butter

Suggested ingredients for serving:  
• Corn or whole wheat tortillas

- Directions**
1. Preheat oven to 425 F and grease a large baking sheet.
  2. Combine the cumin, chili powder, oregano, garlic powder, cinnamon and salt in a small bowl and mix with a fork to combine. Sprinkle over fish and rub spice mix evenly across the fillets.
  3. Place on prepared sheet and bake in the oven for 12 to 15 minutes, or until fish flakes with a fork. Place mahi-mahi on a platter and pull fillets apart with a fork.
  4. Toss sweet potato with maple syrup and sprinkle with salt.
  5. In a skillet over medium-low heat, add the butter and sauté the sweet potato for about 10 minutes, or until tender. Set aside.
  6. Serve fish and sweet potato alongside other fixings.

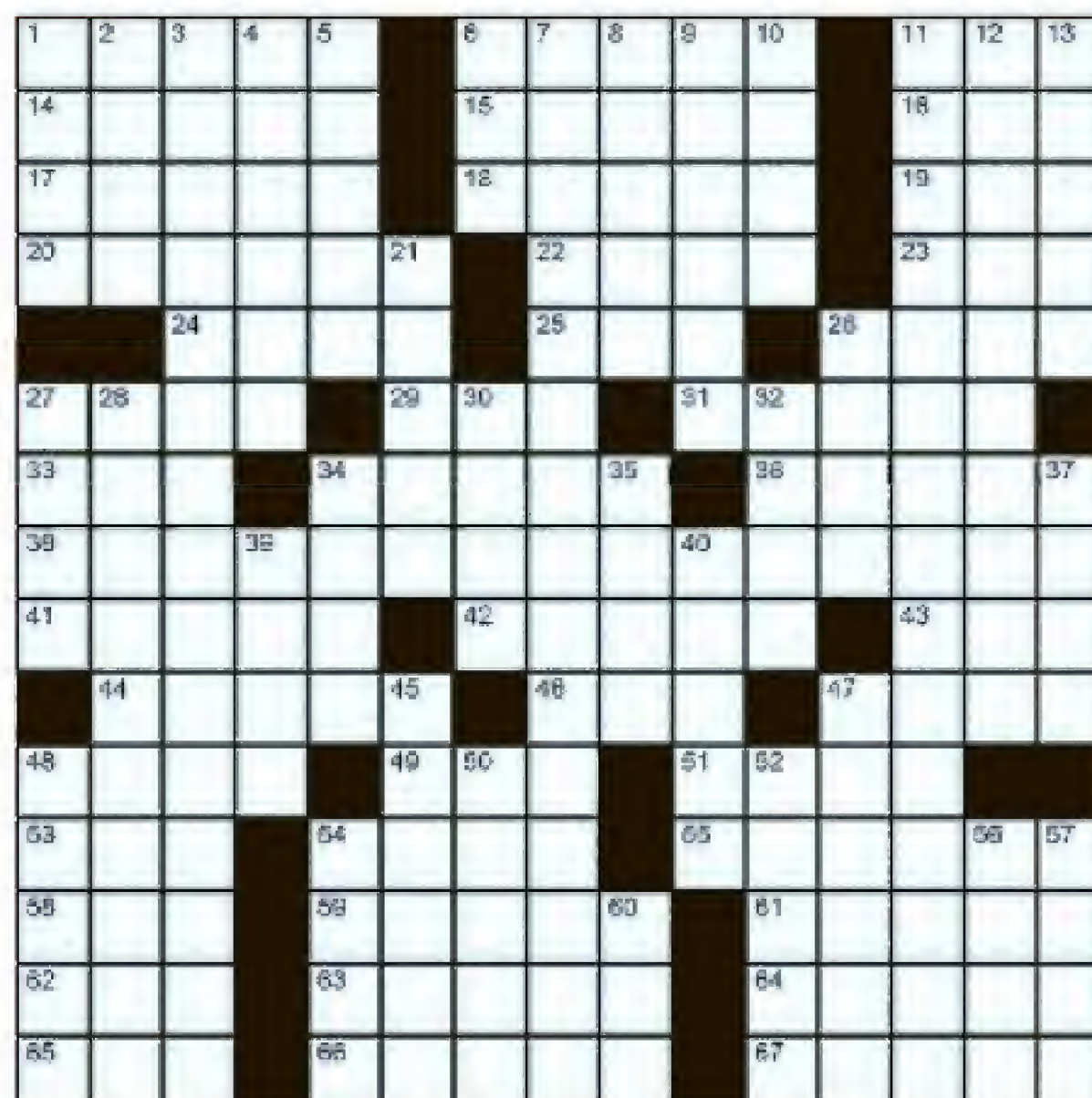
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Massiveness
6. Eight member group
11. "You've Got Mail," co.
14. Glass-ceiling lobbies
15. Monte \_ (Gambling destination)
16. Lingerie item
17. Layovers
18. Love, in Laval
19. Comfy retreat
20. Canadian music legend Tommy
22. Bread and rice and chocolate desserts, cute-style
23. Curious
24. Reggae star Peter
25. Dined
26. Ed of "Daniel Boone"
27. Baking recipe amt.
29. Kimono sash
31. Las Vegas \_
33. Pilot's 'height', briefly
34. Wise saying
36. Rile
38. Smallpox, as brought to the New World; 2 wds.
41. Vichyssoise vegetables
42. Insincere smile
43. Collagen injection site
44. Painter's stylish hat
46. Irish carrier, \_ Lingus
48. Takes steps
49. Lethbridge's li'l locale
49. Female lobster



51. Broadway star Linda
53. Donnybrook
54. Mediterranean cheese
55. Lively Baroque dances in France
58. Writer of The Raven
59. Harsh
61. Prefix to 'dyne'

- (Toothpaste brand)
62. Mr. Sullivan's of variety TV
63. Harmony
64. Desert greenery
65. Grocery shopper's reference of needed things, briefly
68. Shrek voice
69. Mike
67. \_ \_ \_ Majesty's Secret Service (1969)

- cret Service (1969)
5. Mail recipient's requests of senders, for short
6. Goose, in Italy
7. Occupation of Toronto-born actress Alison Pill's character on new political drama "The Family", on CTV; 2 wds.

- wear chain)
5. Mail recipient's requests of senders, for short
6. Goose, in Italy
7. Occupation of Toronto-born actress Alison Pill's character on new political drama "The Family", on CTV; 2 wds.

8. Speckled fish
9. Sidesteps
10. Crag
11. Exerciser's one-of-some on the way to a six pack; 2 wds.
12. Miner's discovery; 2 wds.
13. Brings in the airplane
21. \_ Island (New England state)
26. "Rule, Britannia" composer
27. Weight unit in China
28. Aristocrats; 2 wds.
30. Lamb sounds
32. Undertaking
34. Church section
35. 'Little \_' Bouvier Beale (Jackie Kennedy's cousin played by Drew Barrymore in HBO movie "Grey Gardens" in 2009)
37. Positive replies, in slang
39. Pod vegetable
40. Asymmetric; 2 wds.
45. Hypothesis
47. Sea between Greece and Turkey
48. Adrien \_ (Skincare brand)
50. Chopin music piece
52. Music for Donna Summer
54. "3rd Rock \_ the Sun"
56. Punta del \_ Uruguay
57. Montreal 'evening'
60. Timecard abbreviations

## IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You need to confront something that both scares and excites you. Old fears and desires are likely to return today and you will have to fight an emotional battle you thought was over and done with. End it this time.

**Taurus** April 21 - May 21  
Do whatever it takes to reach your goal. No sacrifice is too great. No effort is beyond you. But while you may have the power to transform yourself don't think you can transform others — you can't.

**Gemini** May 22 - June 21  
Mercury, your ruler, at odds with Jupiter, means that someone powerful will try to bend you to their will today. Don't let it happen. Take a stand.

**Cancer** June 22 - July 23  
Others may say that something cannot be done because it is too much for them but that does not mean it is too much for you. Reach out and embrace what is new and exciting.

**Leo** July 24 - Aug. 23  
You're being pushed harder than ever before but that's good because you need to be tested. The closer you come to what you thought were your limits the more you will realize that you are capable of much more.

**Virgo** Aug. 24 - Sept. 23  
You may want to discuss contentious topics but others are desperate to avoid them. Take the hint and don't push too hard. If you force the issue the results may not be to your liking.

**Libra** Sept. 24 - Oct. 23  
Try not to twist yourself in knots over things you cannot control. What is fated to be will be, whether you worry about it or not, so put all negativity behind you once and for all.

**Scorpio** Oct. 24 - Nov. 22  
You may believe you know what's best but that does not give you the right to impose your solutions on others. Speak truth as you see it and let others make their own choices.

**Sagittarius** Nov. 23 - Dec. 21  
You may not have the qualifications or the experience that your rivals possess but you do have the ability to adapt quickly. The more fixed others are in their ways the more likely it is you will win.

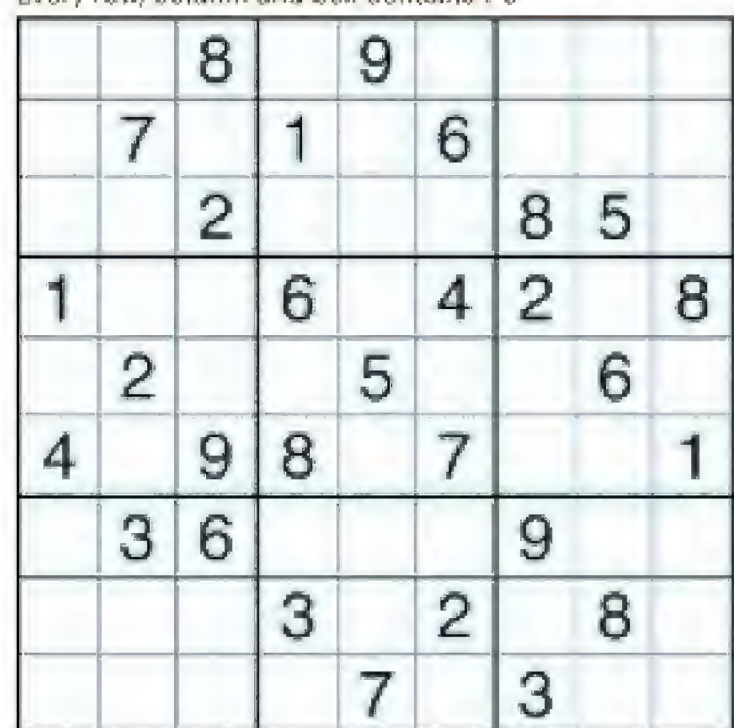
**Capricorn** Dec. 22 - Jan. 20  
While others are complaining that life is unfair you will be quietly going about your business in a state of calm and careful determination. Today's events will work in your favour.

**Aquarius** Jan. 21 - Feb. 19  
Listen to advice today, even if it comes from people whose opinions you don't always agree with. If they say you are wasting your time on a project that is close to your heart they may be right. Don't hold on to what is no longer useful to you.

**Pisces** Feb. 20 - March 20  
It is better to back down than to risk making enemies of people who have more power than you. It's not cowardly, it's common sense.

## CONCEPTIS SUDOKU by Dave Green

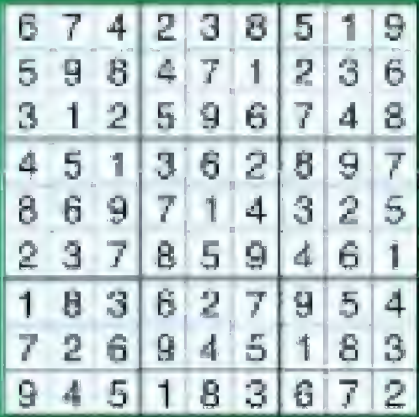
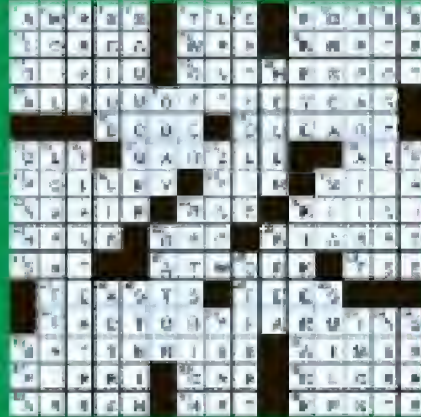
Every row, column and box contains 1-9



## YESTERDAY'S ANSWERS

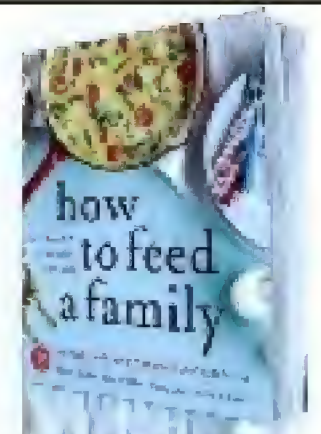
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